



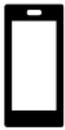
Office for the Aging *Senior Newsbeat*

JULY
AUGUST
SEPTEMBER
2022



COMING SOON: INTRODUCING BLOOMING HEALTH OFA'S NEW COMMUNICATION SERVICE

The Office for the Aging has contracted with Blooming Health, a communication service to improve the efficiency and expediency of getting information to our constituents. Starting in August you may receive messages from Blooming Health via phone call, email, or text. This service will help us get important or urgent messages to our participants or announcements and program reminders. The Office for the Aging will also use this service to check on the well-being of some of our homebound participants or survey our clients about the services we provide. We will be able to get messages out quickly in the event of program closures or delayed meal deliveries too. The pandemic created a need to find new ways to communicate and



deliver our services to the community. We want to make sure that we provide Ontario County older adults and their families with the best support possible in a safe way, either remotely or in – person. If you receive services from OFA or our newsletter you will be receive a Welcome Message from Blooming Health sometime in August. If we have your email address you will receive an email, if we only have your phone number you will receive a call. You will have an opportunity to opt out of receiving communications. You also can choose to receive these messages via text, just call us at 585-396-4040 or email at onofa@ontariocountyny.gov to let us know.

Here are some Frequently Asked Questions about the Blooming Health Communication Service:

What will the event reminders or announcements include?

Messages will include information on the event name, date, time, and where it is occurring.

• How many reminders will I receive?

You will receive one reminder, the day before the program

• Do I need to have access to the internet on my cell phone or do I need a smartphone to use this service?

No. You need a cell phone or landline for voice calls, a cell phone with a text messaging phone plan if you want a text or internet for emails to use this service.

• What will be the cost to use this service?

This service is being offered FREE of charge to you. However, standard text messaging rates may apply for you to choose to receive incoming texts. Please check with your cell phone carrier to confirm.

• How will I know that my account has been created?

We will notify you by sending a welcome message.

• If I do not wish to receive the messages at any point, how can I stop them?

If you no longer wish to receive messages, you may opt out at any time by informing the OFA staff. It will take 48 hours for us to remove you from the service.

Will I still be able to participate in the OFA Programs even if I opt out of this communication service?

Participation in this service is strictly voluntary. It is not necessary for you to sign up for this service in order to participate in our programs.

• Where is my data stored? How will it be used and protected?

Your personal information will be stored online securely on HIPAA-compliant technology platforms. Please call OFA if you have any questions!

SALT Council (Seniors & Lawmen Together)

We are seeking volunteers interested in being on the SALT Council. The Council is made up of local senior citizens and representatives from the Office for the Aging, the Ontario County Sheriff's Department, the Canandaigua Police Department and Quail Summit. The mission of the SALT Council is to educate older adults in Ontario County on public safety issues. Over the years the mission has expanded to include educational programs on health and well-being. We need volunteers to join to advise the group and plan the programs. Please call Irene at 585-396-4045 if you are interested.

Laughter is the Best Medicine

It turns out the saying "laughter is the best medicine" may be true. Researchers have found that having strong social ties is linked to a longer life. Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease.

Prior to the COVID-19 pandemic, loneliness and social isolation were prevalent but has only worsened since the pandemic started. Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States. Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions.

People who engage in meaningful, productive activities with others tend to live longer, have a more positive outlook and have a sense of purpose. These activities seem to help maintain their well-being and may improve their cognitive function; studies show.

Fortunately, there are ways to counteract the negative effects of social isolation. Here are some steps you can take:

- Stay Connected: Nurture and strengthen existing relationships, invite people over for coffee or call them to suggest a trip, a movie, museum or to shop.
- Meet your neighbors.
- Take a class – you can check the libraries, OFA newsletter, and the newspaper.
- There are many on-line classes and forums to meet and converse with others. Check out Get-SetUp <https://www.getsetup.org/partner/NYSTATE>
- Take an exercise class or join the YMCA. There are usually discounts for older adults.
- Use social media to stay in touch with long distance friends. If you don't know how to use social media, try a class at Wood Library with is funded by the Office for the Aging.
- If you don't have transportation call NY Connects at 585-396-4047 to find out what options are available to you.
- Volunteer - Call OFA to see what options are available or call the Volunteer Connection through the United Way.
- Go to a senior center or OFA's Community Dining program
- Check with faith-based organizations for activities and events.
- Get involved in a social or political cause
- If you can't get out call OFA about the Friendly Visitor program

The Ontario County Office for the Aging will soon be receiving ElliQ technology which is funded by the New York State Office for the Aging. This will be great for those who cannot get out of their house. ElliQ is an intuitive robot and the first proactive, voice-operated care companion designed to empower independence and support social, mental, and physical wellbeing. Call OFA if you need information about any of these resources.

Irene Coveny, Director



Ontario County Office for the Aging

PUBLIC HEARING & MEDICARE FAIR

THURSDAY OCTOBER 6, 2022

Ontario County Safety Training Facility, 2914 County Road 48, Canandaigua, NY

9:00 am - Registration

9:30 – 10:15 Public Hearing

Overview of Office for the Aging Services & Public Comment

Irene Coveny, Director, Office for the Aging

The Office for the Aging will be presenting the 2023 Annual Plan and an overview of Office for the Aging Services. The Public Forum provides an opportunity for discussion and comment on the needs of older adults in Ontario County.

10:15 - 10:30 Break—Visit the Information Tables

10:30 am—11:00 am

Medicare 2023 Overview

Terri Haley, HIICAP Coordinator, Office for the Aging

11:00 - 12:00 pm

Medicare Advantage Plan Presentations

Excellus, MVP, United Health Care and more

Medicare Plans and Agency Information Tables Open from 9:00 am - 12:30 pm

There is no charge for the event but please call to register

Call 585- 396- 4040 or 315-781-1321

Accommodations for hearing or visual impairments are available with 72 hour advance notice. The site is handicap accessible.

Your Life, Your Rights Protecting Older Adults from Financial Exploitation and Abuse

A Legal Outreach Seminar for Older Adults, Caregivers and Service Providers by Legal Assistance of Western NY, Inc. Attorneys will give attendees tools, tips and resources to identify, report and remedy situations that may be abuse or exploitation.

Wednesday September 28, 2022 10:00 – 11:30 am

Ontario County Safety Training Center
2914 Co. Rd. 48, Canandaigua NY 14424

To register call 585-396-4047

FREE - REFRESHMENTS SERVED

Sponsored by LawNY & the Ontario County Office for the Aging

Funded in part by the New York State Office for the Aging, the US Administration on Aging, MCOFA and Lifespan.



HOME-SAFE-HOME PROGRAM—GRAB BARS & MORE



We can provide a general home safety review geared toward fall prevention as well as minor home modifications including installation of grab bars, smoke detectors, handrails for stairs, door grips, handicapped toilet seats, tub transfer benches, bathtub seats. This service is provided to Ontario County residents age 60 or older through a contract with Lifespan of Greater Rochester.

Call us at 585-396-4047 when you or a family member needs minor home modifications that encourage independent living.

"I think your program is wonderful, and thanks for making it possible to keep people safer in their homes. I had a chance to test out the grips placed in the front doorway. I'm sure it saved me from a fall! It is a great service."

— Home Modification client

Emergency Preparedness
Sponsored by Ontario County Office for the Aging
2022

Presented By:
John Edwards RN, MPH
**Ontario County Public Health Emergency
Preparedness Coordinator**

August 2	12:30 PM	Shortsville	Shortsville Fire Hall 5 Sheldon St. Shortsville, NY 14548
August 16	12:30 PM	Honeoye	United Church of Christ 8758 Main St. Honeoye, NY 14471
August 24	11:45AM	Gorham	United Methodist Church 4746 South Street Gorham, NY 14461
September 1	11:30 AM	Canandaigua	Salvation Army 110 Saltonstall Street Canandaigua, NY 14424
September 16	11:30 AM	Lyceum	Lyceum Apartments 150 Lyceum Street Geneva, NY 14456
September 20	12:30PM	Elmcrest	Elmcrest Apartments 99 Lewis Street Geneva, NY 14456
September 23	3:30PM	Clifton Springs	SPA Apartments 11 East Main Street Clifton Springs, NY 14432

**You can make a reservation to have lunch
by noon the business day before the
presentation by calling
585-919-2773**

New York State Golden Park Program

If you are a New York State resident 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses. Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card at the park entrance. No application is required as your NY State Driver's License/ Non-Driver ID Card serves as your pass. For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid contact

New York State Parks
Albany, New York 12238
518-474-0456

or by going to:

<https://parks.ny.gov/regions/>



The StrongPeople Exercise Program

The Office for the Aging is seeking to start a StrongPeople Exercise program. We need volunteer group leaders to start this program. Growing stronger is a strength training program for older adults developed by Miriam Nelson, PhD, at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The program involves strength training exercises that have been shown to increase muscle strength; maintain the integrity of one's bones; and improve one's balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of chronic diseases and can help reduce older adults' risk of falling. OFA will pay for the on-line training course required to lead the StrongPeople program. The course will cover background on the benefits of physical activity and strength training, the research behind the StrongPeople program, and details on how to start, promote, run and evaluate a program.

Requirements to be a leader:

- **Be actively strength training.** Being physically active in general is, of course, important. But the expectation is that you are very familiar with lifting weights and are personally committed to and regularly practicing the behavior yourself.
- **Have a firm commitment** Experience in providing health program instruction in a fitness center, community setting, or outpatient hospital setting or as a personal trainer.

If you are interested in volunteering to be a group leader please call OFA to speak to Irene.

The Ontario County Office for the Aging is excited to share this new resource for caregivers. The New York State Office for the Aging and the Association on Aging has launched the New York Caregiver Portal. This platform is available now for caregivers of all ages, caring for people of all ages. It is free and full of resources. It uses low band width so works well on all platforms. No app is required.

An email address is required to log onto the platform. The [Newyork-Caregivers.com](https://newyork-caregivers.com) link is <https://newyork-caregivers.com/login> Please share the information with anyone who may benefit.



Office for the Aging

New York
Caregiving Portal
Powered by Truista

Provided in Partnership With:
**Association on Aging
in New York**

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!
NewYork-Caregivers.com

Scan me with
your camera
to visit!



DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

FREE classes for caregivers of loved ones
with memory loss.

*Others are also welcome to enroll for free - space
permitting.*



This program emphasizes practical strategies to manage
falls.

YOU WILL LEARN TO:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

YOU SHOULD ATTEND IF YOU OR YOUR LOVED ONE HAS:

- Concerns about falls and interest in improving balance, flexibility and strength.
- Fallen in the past
- Restricted activities because of falling concerns.
- Early-stage dementia and is concerned about balance. Attend with your caregiver!

Class location:
Phelps Community Center
8 Banta St., Phelps

Wednesdays, 1-3:00pm
Aug. 3 – Sept. 21, 2022

Free!

Session is eight weeks.

Classes are two hours each.

Includes workbook.

To register: call Wendy at
585-244-8400 x130, or email

wfambro@lifespanrochester.org

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston
University.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging
(#90AM2780).

Sponsored by Lifespan's Finger Lakes Caregiver Institute.

This program is funded in part by a grant from the New York State Department of Health.

Medicare Savings Program and Medicaid Expansion in New York State

- Eligibility for the Medicare Savings Program (MSP) and Medicaid will expand for New Yorkers in 2023.
- If you live in New York and have a limited income, you may be newly eligible to receive assistance with your health care costs, through an MSP or Medicaid in 2023.
- If you are currently enrolled in either program, you may receive more comprehensive benefits in 2023

Medicare Savings Programs (MSPs): help pay for your Part B premium. If you enroll in an MSP, you will also automatically get Extra help, the federal program that enroll helps pay your Medicare prescription drug (Part D) costs.

Medicaid: provides health coverage for certain people with limited income and assets. For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your cost sharing, including co-insurance and copayments. It also may cover services Medicare does not cover, like vision or dental.

MSP's and Medicaid in 2023

In 2023, the MSP income limits will be higher. There will be two income levels for the MSP and there is no asset test for this program. The table below **estimates** the eligibility limits for the MSP and Medicaid in 2023. **These limits have not been finalized because they rely on the Federal Poverty Level, which has not yet been set for 2023.** The state will announce the expanded limits in January 2023.

2023 New York gross monthly income limits			2023 New York asset limits	
			Individuals	Couples
Program	Individuals	Couples	Individuals	Couples
QI	\$2,107	\$2,839	No Limit	No limit
QMB	\$1,536	\$2,106	No Limit	No Limit
Medicaid	\$1,536	\$2,106	\$28,134	\$37,908

If you meet the income limits above, the Ontario County Office for the Aging HIICAP program can assist you to apply for MSP in January of 2023. If your income is close to the limit, it is often worth applying.

To apply for Medicaid in 2023, you can contact your local Medicaid office (Ontario County Department of Social Services) and ask for a copy of the application that you can then mail in or apply in person. You can call the Medicaid Helpline (1-800-541-2831) to find your local Medicaid office.

2022 Medicare 101 Seminar

Our Medicare 101 Seminars are targeted to those planning to retire, those who are already retired, and those who would like a better understanding of how other insurance coordinates with your Medicare coverage. Seminars run from 9:30am – 12:00pm, are held at the Safety Training Facility, and pre-registration is required.

All workshops cover the following:

- Medicare A, B, C & D
- How to fill the gaps in Medicare: Medicare Advantage and Medigap plans
- Medicare Prescription Drug Coverage
- EPIC
- Medicare Savings Program
- Extra help with prescription drug coverage
- Transitioning from the NYS Health Exchange to Medicare
- Open question and answer format

Participants are welcome to schedule a one-on-one HHCAP appointment with one of our certified health insurance counselors in person, by phone, or virtually via computer following participation in a seminar.

SEMINAR DATES

Friday, June 24

Friday, Oct. 28

Friday, Sept. 30

Friday, Nov. 18

Victor Farmington Library Options:

We have partnered with the Victor Farmington Library to offer two additional Medicare learning opportunities this fall. Registration for these may be completed by calling the library directly at 585-924-2637 or by using the link on their website.

Saturday, Sept. 24th

Medicare 101 Seminar

10:30am – 1:00pm

Thursday, Sept. 29th

Getting the Most from Your Medicare Coverage

6:00pm-7:30pm

Caregiver Services

We are looking for volunteers who want to train to become facilitators for Powerful Tools, a series of classes for caregivers that helps them take better care of themselves. Please call our office if you are interested in this free training, and are willing to teach a six part weekly class, one to two times a year.

Help rural caregivers connect to a new online workshop

Millions of rural caregivers provide crucial support to family members or friends living with memory loss and dementia. These same caregivers often feel stressed and isolated. An online workshop may help them. The University of California, San Francisco is conducting a study of a new online caregiver workshop. If caregivers live in a rural, farming, or small town area, care for someone with memory loss, are 18 years of age or older, and provide care for at least 10 hours per week, they may qualify. Caregivers who participate in the study of the workshop will be asked to complete four surveys on their caregiving experiences and will receive up to \$80 in cash for doing so.

What does the online workshop offer?

The workshop is accessible to caregivers whenever they want it, day or night. It teaches caregivers new skills to reduce their stress, take better care of themselves, manage difficult behaviors of their family member or friend, and plan for the future. Caregivers also get a workbook to keep, support from other caregivers, and information on community resources. In addition, Zoom and video capabilities are not required to participate in the workshop.

How can caregivers and others learn more?

Interested caregivers can go to <https://caregiverproject.ucsf.edu> or call the toll-free number 1-833-634-0603 to get more information. Online registration is ongoing and will continue for months to come. Organizations that work in rural or farming communities or have contact with caregivers can use that same contact information.

NY Project Hope

NY Project Hope is available for all. It is part of NY State's ongoing response to the Covid pandemic and offers confidential, anonymous counseling for mental health issues. You can contact them online, at <https://NYProjectHope.org>, or call 1-844-863-9314. They run online wellness groups, including one for Grieving and Healing. They offer an emotional support hotline, 7 days a week, 8:00 am to 10:00 pm, 1-844-863-9314.

Cinde Priano
Caregiver Services Program Manager



Only YOU can secure your meds.

- ✓ **Monitor**
Count your medications regularly.
- ✓ **Secure**
Lock up any medications you don't want anyone to access.
- ✓ **Dispose**
Dispose of medications you are no longer using.

Substance Abuse Prevention Coalition of Ontario County

Medication Drop Box Locations

Bristol Town Hall (585.229.4523)	Farmington State Trooper Barracks (585.398.4100)	Richmond Town Hall (585.229.5757) CVS Pharmacy (585.229.2285)
Canandaigua DMV Office (585.396.4210) FLCC, near gym (585.785.1000) Ontario County Sheriff's Office (585.394.4560) Police Department (585.394.3311) Thompson Hospital, lobby (585.396.6000)	Geneva Police Department (315.828.6771) North Street Pharmacy (315.787.5388)	Rushville Village Hall (585.554.3415)
Clifton Springs Hospital & Clinic, lobby (315.462.9561)	Hopewell Ontario County Mental Health Clinic (585.396.4363)	Shortsville Red Jacket Pharmacy (585.289.3002)
East Bloomfield Town Hall (585.657.6515)	Naples Village Hall (585.374.2111)	Victor Mead Square Pharmacy (585.924.7970)
	Phelps Community Center (315.548.8484)	

Questions?
Call us at 585-396-4554.

The Partnership
Youth • Family • Community
for Ontario County

ONTARIO COUNTY
OFFICE FOR THE AGING
3019 COUNTY COMPLEX DRIVE
CANANDAIGUA, NY 14424

PRSRT STD
POSTAGE & FEES PAID
CANANDAIGUA, NY
PERMITS NO. 16

or current resident

Please put your address label
facing the fold like this note.

YES, PLEASE ADD ME TO YOUR NEWSLETTER LIST

Would you like to receive this Newsletter either via
US mail or Email?

Name: _____
Address: _____
Email: _____

Newsletter ___ Mailed or ___ Emailed (please check one)

Just fill out this form and drop it in the mail to the address listed below to
receive a print copy OR email onofa@ontariocountyny.gov to let us know
your email address.

Ontario County Office for the Aging
3019 County Complex Drive
Canandaigua, NY 14424
585-396-4040