

CHEMUNG COUNTY DEPARTMENT OF AGING AND LONG TERM CARE

"Caregiving is a constant learning experience" Vivian Frazier

FEBRUARY 2019

Winter Safety

Program's Spotlight: Powerful Tools for Caregivers

Are you a family or friend caregiver? At times, do you feel overwhelmed, guilty or unsure of how to handle a challenging situation? If so, the Chemung County Department of Aging and Long Term Care is offering a special **no-cost program** designed for caregivers like you. **Powerful Tools for Caregivers** is a six-week educational program for family and friends who are caring for older adults with long term illnesses. The class is free but the size is limited. Call today to learn more... 737-5520. Classes meet once per week Thursday, March 21st through April 25th from 5:30 pm - 7:00 pm at the Department of Aging.



CAREGIVER NEWSLETTER

Welcome February,

As January winds down it seems Winter has officially hit, the temperatures have been dropping, snow falling, and ice all around. We want to ensure that you know some common safety reminders for those you care for and yourself! Our elderly population is one of the most vulnerable to colder temperatures so we need to ensure that they are being checked on and cared for during these colder months. We hope you have a wonderful month and stay warm!

Regards,

Stephanie Beard , Aging Services Assistant

Laurie Hansen, Aging Services Specialist

Caregiver Support Services

February 5th, 2018: Stroke Support Group: 2:00pm to 3:00pm at St. Joseph's Hospital, Cusick Meeting Room, 555 E. Market St. Elmira. Contact Dana or Holly at 733-6541 ext. 2522 for further information

February 7th, 2018: Person's with Dementia and Care Partners Support Group 2:00pm to 3:30pm at Appleridge Living Center 168 Miller St. Horseheads, NY.

February 13th, 2018: Twin Tier Ostomy Association Support Group: 11:30 am at Curly's Chicken House, 2100 Lake Road, Elmira. Everyone pays for own lunch.

February 18th 2018: Alzheimer's Caregiver Support Group: 1:00 pm at Transformation Community Center 314 W. Church Street, Elmira

February 18th, 2018: Alzheimer's Association afternoon Caregiver Support Group: 12:15pm to 1:15pm at The Courtyards at Bethany Village, 3005 Watkins Rd. Horseheads. Call (585)760-5414 for more information or if you need respite care for your loved one during this time.

February 22nd, 2018: Parkinson's Disease Support Group: At Big Flats Community Center at 476 Maple Street, Big Flats from 1:30 to 3:30.

Monday's: Parkinson's Disease Support Group: At Bethany Lutheran Fellowship Hall located at 256 Walnut Street, Elmira from 11:00 to 12:00. For more information call 734-8669.

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"To make a difference in someone's life, you don't need to be rich, famous, brilliant or perfect. You just have to care" Mandy Hale

Save the Date

Free Income Tax Preparation & Counseling for NY State residence will be offered through the AARP Tax Aide program. Call 607-542-9303 to leave your name and phone number so a representative can call you back and set up an appointment.

Medicare 101

Confused by Medicare? We have the answers! Certified health insurance counselors from the Department of Aging will present Medicare 101. Join us:

- Monday, February 11th at 2:30 pm at 425 Pennsylvania Avenue
- or
- Saturday, March 23rd at 9:00 am at the Big Flats Community Center

Call 737-5520 to register

425 Pennsylvania Avenue
PO Box 588
Elmira, NY 14902

Phone: 607-737-5520
Fax: 607-737-5521
Email: ofa@chemungcountyny.gov
www.chemungcountyny.gov

Winter Safety Tips for In-Home Senior Care By Sharon Roth Maguire, MS, APRN-BC, GNP, APNP

In addition to common, year-round domestic hazards, each season presents its own set of potential issues for the health of seniors. As colder temperatures set in, many new threats to seniors' health and safety emerge. To help ensure seniors' safety through the winter, it's important to consider potential threats both inside and outside the home and make preparations that promote safety while allowing seniors to enjoy as much independence as possible.

Seniors that require in-home care frequently do not have family in close enough proximity to prepare for winter and assist with the preventative tasks that are needed throughout the season, meaning much of this work will be completed by professional caregivers. There are a handful of common threats caregivers can plan ahead for to make sure seniors' homes are fully equipped to handle the chilly winter season.

As colder temperatures tend to chase people indoors, it's important to make sure the home is prepared for the season. Caregivers should make sure seniors and their families schedule inspections and maintenance for furnaces and fireplaces to ensure they're in safe condition and ready to use. Elders, especially those with cardiac issues, are vulnerable to health problems that can arise from being too cold, including dehydration. Setting the thermostat at the recommended 68 degrees will prevent these issues. With regular use of these heating methods, a few other potential dangers emerge. It's a good idea to keep fire extinguishers near all heat sources in case a malfunction starts a blaze. Make sure smoke alarms and carbon monoxide detectors are installed on every floor of the home and check them to ensure all are working and have fresh batteries. Carbon monoxide is especially dangerous, as it's practically undetectable without a monitoring device.

Caregivers should also make sure seniors' homes are prepared with emergency kits in case a major winter storm causes power outages or strands them inside the home for an extended period without assistance. Winter emergency kits should include necessities such as a flashlight, backup batteries, a radio and warm blankets. Homes should also be stocked with enough non-perishable food and bottled water to last for several days until scheduled in-home visits can resume. Condition-specific care also necessitates seniors' homes have a seven-day supply of prescription medications.

Falls are one of the most prominent threats to seniors' health throughout the year, and the colder months present unique falling hazards both inside and outside the home. Make sure there are non-slip mats inside doors to prevent falls that can be caused by wet or snowy shoes. It's also a good idea to store shoes on floor mats once inside the home to prevent puddles from accumulating on the floor due to melting snow and ice. Put the lights near entry ways on timers and make sure they're set to turn on before the early sunsets that accompany the winter months to make sure seniors are able to see the areas around doorways and avoid potential tripping or slipping hazards.

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"Care is a state in which something does matter; it is the source of human tenderness" Rollo May

Outside the home, there are several maintenance tasks that should be completed both at the beginning and as needed throughout the season to mitigate safety hazards. Rain gutters should be clear of leaves and other obstructions that can accumulate throughout the fall. Gutters that are partially or completely blocked by leaves and other debris can overflow and cause damage to the home or create puddles on the ground, which freeze in cold weather and create dangerous conditions on sidewalks and near entryways. As winter storms hit throughout the season, it's important to clear ice and snow from sidewalks, steps and driveways on an ongoing basis to eliminate slippery conditions that create dangerous falls. It's also important to spread salt on outdoor areas where seniors walk to prevent dangerous ice patches from forming.

Because most seniors spend less time outdoors and are less active during the winter, they often lack vitamin D and take on a greater risk of catching colds. Even if seniors do spend enough time outdoors, winter sunlight is not strong enough for the body to make a sufficient amount of vitamin D for most people who live north of Atlanta. For this reason, ensuring seniors maintain a healthy, balanced diet. Foods that are rich in vitamin D include beef, fish, milk, yogurt and breakfast staples such as orange juice, egg yolks, oatmeal and cereal. Pudding made with milk is a tasty treat that can be an easy way to get seniors to consume more vitamin D.

When seniors are outside the home, it's important that they're dressed properly for winter conditions. Keeping them bundled up in layered, loose-fitting clothing and wear warm hats and waterproof gloves or mittens can help stave off dangerous winter maladies such as hypothermia, pneumonia and bronchitis. Making sure seniors are equipped to stay warm when outdoors is a good way to encourage them to spend at least some time outside when possible. Fresh air and sun light can go a long way toward improving seniors' mood, which has a positive impact on their physical health as well.

If seniors are still driving on their own, it's important to prepare their vehicle for winter as well. Cars should be inspected by a qualified mechanic to make sure they're in good working condition to minimize the risk seniors become stranded in cold weather. Mechanics should check the car's heating system and defrosters to make sure they work well, and cars should be equipped with snow tires and winter windshield solution to help melt ice. Seniors should also have a working cell phone and know how to use it in case they get stuck in the car and need to call for help.

While it's important for everyone to be ready to deal with dangerous winter conditions, seniors are especially vulnerable to the dangers that come from cold, icy weather. Taking the time to think ahead and make sure seniors are prepared to remain happy and healthy until spring.

Source: <https://caregiver.com/articles/winter-safety-senior-care/>



Living Well in the Community

A 10-week multi-media workshop on health and well-being for people with disabilities that includes discussions, fun activities, informative videos and useful information.

- Goal setting
- Building supports
- Healthy reactions
- Staying on course
- Healthy communication
- Seeking information
- Eating well
- Physical activity
- Self-advocacy
- Maintaining improvements

1:30-4 p.m. | Thursdays | Feb. 7 - April 11

Corning AIM office | 271 E. First St.

This workshop is free. Participants will receive gift cards.
Register: Ileya Heins | iheins@aimcil.com | (607) 962-8225

Medicare 101 2019

Presented by the Chemung County Department of Aging and Long Term Care

Confused by Medicare? We have the answers! Certified health insurance (HIICAP) counselors from the Department of Aging will present Medicare 101 to employers and their employees, organizations, groups or clubs in Chemung County. The presentation will include Medicare enrollment periods, the 4 parts of Medicare, and how to decide what coverage is right for you. We will also discuss the transition from the Health Insurance Marketplace to Medicare and assistance for individuals with limited income and resources. We hope to help you gain a better understanding of the perplexing world of Medicare and to inform you about your decisions related to Medicare and other health insurance products.

Join us at the Chemung County Department of Aging and Long Term Care

Monday January 14th at 2:30 **Monday February 11th at 2:30**
Saturday March 23th at 9:00am **Big Flats Community Center**
Thursday April 18th at 5:00 **Monday May 13th at 2:30**
Tuesday June 11th at 5:00 **Tuesday August 13th at 5:00**
Monday September 9th at 2:30 **Monday October 21th at 2:30**
Monday December 16th at 2:30

425 Pennsylvania Avenue, Elmira, NY

If you are nearing retirement age or if you have caregiving responsibilities or aging parents, this presentation may be of great value to you. The presentation typically runs around 2 hours and can be customized to meet the needs of your group or organization. Please call for more information about dates and locations. **To schedule a presentation or to RSVP to this event please contact the Department of Aging at 737-5520.**

Need help paying for Medicare? Ask about these programs:

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: **Qualified Medicare Beneficiary (QMB)**, **Specified Low-Income Medicare Beneficiary (SLMB)** and **Qualifying Individual (QI)** program. Each program has different eligibility limits.

- Medicaid is health insurance for people with low incomes. Even if you have Medicare, you can also get Medicaid to lower your health care costs. Medicaid pays your Medicare deductibles and coinsurances if you see doctors who participate in Medicare and Medicaid or who are in your Medicare private health plan's network. These doctors can't charge you anything for Medicare-covered services
 - To apply for Medicaid, mail in an application or go to your local Department of Social Services office
 - If you have Medicaid, you probably also qualify for the Qualified Medicare Beneficiary Program (QMB) The government will pay your premiums if you are enrolled in the QMB program. (See below.)
 - Medicaid covers additional benefits, such as dental, vision, and long-term care.
 - If your income seems a little too high, contact your local Medicaid Office. You may qualify for Medicaid spend-down.
- 2. QMB — Qualified Medicare Beneficiary Program**
- Pays your Medicare premiums. Also, if you enrolled in the QMB program, providers can't charge you Medicare deductibles or cost-sharing for Medicare-covered services if you see providers who participate in Medicare or are in your Medicare private health plan's network.
 - You can have both QMB and Medicaid.
- 3. SLMB — Specified Low-Income Medicare Beneficiary Program**
- Pays your Medicare Part B premium.
 - You can have both SLMB and Medicaid.
- 4. QI — Qualifying Individual Program**
- Pays your Medicare Part B premium.
 - You can't have both QI and Medicaid.

5 Key Facts about your NEW Medicare Cards

- 1. Your new card will NOT have your social security number on it!**
The new cards will have a random 11 digit identifier that's a mix of numbers and letters.
- 2. You will not see your new cards before April 2018.**
This transition period will begin no earlier than April 1, 2018 & run through April, 2019.
- 3. This change will take some time.**
With over 55 million Medicare beneficiaries in the US, moving to new Medicare numbers and cards requires a lot of change to the CMS systems.
- 4. Your benefits will stay the same.**
The new Medicare numbers will NOT change anything in your coverage. You can start using your new card as soon as you receive it.
- 5. You do NOT need to do anything.**
This change will be automatic. There is no need to confirm your personal information with Medicare. When CMS sends your new Medicare card, they will mail it to you.

SCAM ALERT

**Scammers posing as Medicare Reps will call asking for your current Medicare number & offer to send you a new card. STAY ALERT. Never give your information to anyone suspicious over the phone!
Contact the NY Senior Medicare Patrol at 877-678-4697 to report this!**

Powerful Tools FOR Caregivers

Sponsored by
Chemung County Department of Aging and Long Term Care

GROUP WILL MEET AT
The Chemung County Department of Aging
425 Pennsylvania Avenue
Elmira, NY

Thursdays
March 21, 28, 2019
April 4, 11, 18, 25, 2019
5:30 pm to 7:00 pm

Registration is required by calling the Chemung County
Department of Aging and Long Term Care
607-737-5520 no later than Monday March 18, 2019

This six-week educational program is for family and friends who are caring for older adults with long-term illnesses. The class provides you with the skills and confidence you need to better care for yourself while caring for others. Caregivers 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, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of The Caregiver Helpbook, developed specifically for the class.

This program is funded by the Chemung County Department of Mental Hygiene & Department of Aging and Long Term Care, Chemung County, the New York State Office for the Aging, and the Administration for Community Living.

AARP Tax-Aide



Free Tax Help! For NYS Residents

For taxpayers with low- and moderate income,
with special attention to those age 60 and older

Bethany Lutheran Church

256 S. Walnut St. Elmira, NY 14904

To schedule an appointment you can call, email, or visit our website.

phone: 607-542-9303 email: freetaxprep@hotmail.com

website: <http://www.twintierfreetaxprep.org>

Leave your name & phone number.

Calls will be returned Mon. thru Fri. between Noon and 5 PM

All appointments are made on the callbacks.

No-one will be answering the phones live.

Please bring the following with you when you come:

- 1) Social security card or other written proof of social security numbers for **EVERY PERSON** on the return.
- 2) Proof of health insurance for **EVERY PERSON** on the return. The acceptable proofs are any one of the following: (Medicare card, insurance card, form 1095 A, B, or C
- 3) A photo ID for taxpayer and spouse. Must use NYS Driver Licence, if licensed
- 4) Last years return.
- 5) W2s, 1099s, unemployment statements, gambling winnings and losses, any self employment income, any other form of income such as prizes won.
- 6) Sale of stocks with purchase and sale prices and all dates. (Form 1099 B)
- 7) If you want to itemize bring proof of all items. Canceled checks are not sufficient. Deductions include, but are not limited to, charity giving, medical bills (including mileage, prescription drugs, medical insurance premiums), property taxes, sales taxes, and property losses not covered by insurance.
- 8) A blank check (do not void) or form from your bank so we can enter routing and account numbers for direct deposit of any refund. These will not be kept. Deposit slips, hand written or verbal information is **NOT** acceptable. We cannot copy the numbers from previous year's returns.

Chemung County Department of Aging and Long Term Care

425 Pennsylvania Avenue • P.O. Box 588 • Elmira, NY 14902-0588 • (607) 737-5520

Kim Salisbury, Director

Megan Vaughn, Coordinator
General Aging Services and NY Connects
(607) 737-5520 Fax (607) 737-5521

Elizabeth Beckwith, Coordinator
CARE and Adult Protective Services
(607) 737-5487 Fax (607) 737-5388



CONNECT. CREATE. CONTRIBUTE MAY 2019

Distinguished Volunteers of the Year Awards

We are seeking nominations for our annual celebration that recognizes volunteers who serve our community and improve the lives of all ages. These awards will be presented at our Older Americans Month Celebration on Monday, May 6th at New Beginnings United Methodist Church.

Distinguished Volunteers of the Year Awards will be presented to Chemung County residents, age 60 or older, for ongoing devotion of time and talent who make a great impact on others, without pay or compensation. Nominees may volunteer in a variety of areas or concentrate on just one. All qualified nominees will be recognized at the Older Americans Month Celebration. If you are interested in nominating a special volunteer please contact Denise Dittler at 737-5520 or go to our website at www.chemungcountyny.gov. Click on the Departments field and select Aging and Long Term Care. Nomination forms are due by April 1, 2019.

Thank you for helping us to identify and honor volunteers that make our community a great place to live and age well!



NY Connects
Your Link to Long Term
Services and Supports

of CHEMUNG COUNTY
(800) 342-9871 (607) 737-5520

Aging Together with Independence, Opportunity and Dignity