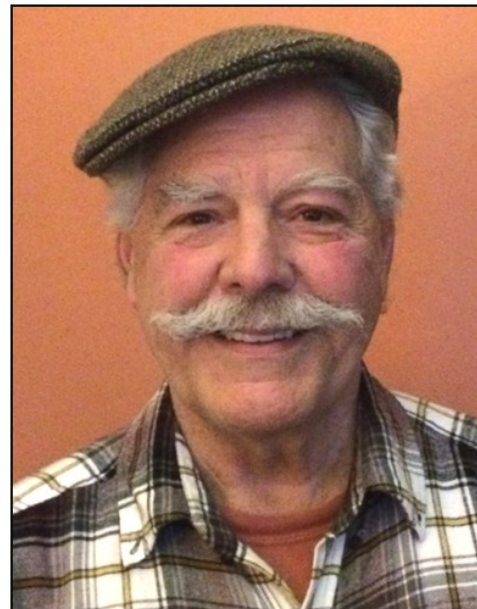




2019 Senior Volunteers of the Year

The Columbia County Office for the Aging is happy to announce the two individuals who were selected as the 2019 Senior Volunteers of the Year. They are Marcia Race and Richard Moran. They were both recently honored at New York State’s 2019 Older New Yorkers’ Day at The Egg in Albany.



Marcia Race has been extensively involved in activities at her church for several years. She volunteers at the church’s food pantry and also its Red Cross Blood Drive. She also serves as an Eucharistic minister who visits the Whittier Nursing Home as well as homebound seniors. Marcia assists her many neighbors with various tasks in and around the community at Bells Pond in Livingston, where she and her husband Kenneth have resided for the past twenty years.

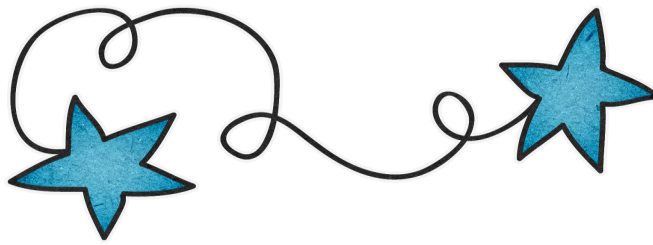
Richard Moran has been volunteering in and around the Stuyvesant area for almost a dozen years. He has delivered Meals-on-Wheels, helps coordinate senior activities at the Stuyvesant Town Hall, serves as one of Stuyvesant’s representatives to the Office for the Aging Advisory Board, and builds handicapped ramps for the Brush for Kindness Program. Richard also spends much of his time renovating and restoring the historic Stuyvesant Railroad Station.

Congratulations to both Marcia and Richard. Volunteers like them make Columbia County a great place to live.

Congratulations are also in order for the outstanding volunteers who were nominated. They are:

William Blaauw – Claverack
Elizabeth Grattan – Kinderhook

Faythe Smith – Germantown
Joyce Thompson – Taghkanic

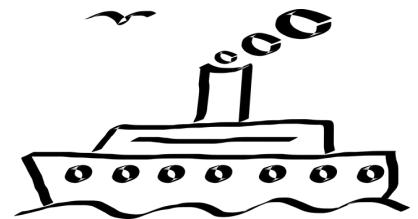


NEW SENIOR STARS PROGRAM

The Office for the Aging is excited to announce a new program called the Senior Stars Program. This program is supported exclusively by contributions from individuals and companies. Our community has many seniors that lack family support and the holiday time can be stressful. Many times seniors will put off purchases, such as replacing worn towels and bedding due to financial constraints. The Senior Stars Program aims to provide seasonal holiday gifts to seniors who are in need. Gifts provided through this program will include items such as clothing, blankets, jackets, gloves, etc. Personal items such as toothbrushes, toothpaste, soap, deodorants, towels, wash clothes, etc. are also a need that the program will focus on. The goal is to allow seniors to remain safe and independent within their homes. As the program grows, expansion to providing limited emergency assistance will be considered.

This program operates solely on contributions and if you would like to contribute to this program please complete the contribution form which is located on the back of this newsletter and mail to the address shown on the form.

SUMMER TRANSPORTATION TRIPS



Summer is here and the Office for the Aging transportation department has some fun excursions planned. Seniors interested in any of the special trips listed below should call 518-567-3677 to make reservations. The driver will schedule pick-up, arrival and departure times (and lunch destinations) with all participants. Rides are provided free to seniors and their caregivers and are subject to availability. Participants are responsible for lunch and admission costs.

MONDAY, July 8th..... Hudson River Boat Cruise (two-hour cruise/cost is \$26.00)

MONDAY, July 15th.....Lunch and shopping at the Cracker Barrel, East Greenbush

WEDNESDAY, August 7th.....Lake George Boat Cruise (two- hour cruise/cost is \$25.75 for seniors age 65 and older. Individuals less than 65, cost is \$28.00. Rain date, Thursday, August 8th

TUESDAY, August 20thDutchess County Fair. Senior admission is \$5.00. Rain date is Wednesday, August 21st

THURSDAY, September 12th....Columbia County Senior Day Picnic, Stuyvesant Falls V.F.W.

TUESDAY, September 17th.....Lunch at the Plaza Diner in Hudson

FRAUD ALERT

Protect Your Durable Medical Equipment Benefits

An Example of Fraud:

Mr. Baker receives a call from a woman who states she works for Medicare, and asks Mr. Baker if he has any pain. Mr. Baker responds that sometimes his back gets sore. The woman then informs Mr. Baker that he can receive a free back brace because Medicare will pay for it! Mr. Baker receives the back brace but it doesn't fit so he never uses it. A year later, Mr. Baker strains his back and his doctor writes a prescription for a back brace. Mr. Baker finds out that Medicare will not cover the cost of the brace because they have already paid for a back brace for him. Mr. Baker lost his benefit.

Don't let a sales person talk you into something you do not need! Only your doctor can diagnose or assess your healthcare needs and prescribe the correct durable medical equipment for you.



PEDALING FOR PARKINSON'S



Research has shown that pedaling a bicycle at a rapid pace, approximately 80-90 revolutions per minute, helps to reduce the symptoms of Parkinson's disease by up to 35%. While pedaling is not a cure of Parkinson's disease, the evidence points to the fact that it has made a difference in the lives of individuals who have tried it. **The Capital District YMCA** offers the following classes at the locations listed below:

Greene County Branch, 35 Route 81, Hope Plaza, West Coxsackie, NY (518-731-7529)

Pedaling for Parkinson's Class: Mondays, Wednesdays, Fridays, 9:15 AM -10:15 AM.

Neuromotor Wellness Class: Thursdays, 10:00 AM – 11:15 AM - Open to anyone with a chronic neurological disease.

Greenbush Area Branch, 20 Community Way, East Greenbush, NY (518-477-2570 Ext. 1240)

Pedaling For Parkinson's: Mondays at 10:30 AM, Wednesdays at 11:00 AM and Saturdays at 10:15 AM.

A Neuromotor Class is planned for the fall. Please contact YMCA branch for details.

PROGRAM REQUIREMENTS

- ◆ Be age 30-75 years
- ◆ Be diagnosed with Idiopathic PD
- ◆ Complete and submit a signed consent form and medical clearance
- ◆ May not have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, other medical conditions that are contraindicative to exercise.

Participants do not need to be a member of the YMCA, but a doctor's clearance is required. There is a \$5.00 fee for non-members and all participants need to register for classes ahead of time.

Senior Community Centers

Albert L. Tripp Center

93 Main Street
Philmont, NY 12565
Monday—Friday, 9:30-1:30
518-672-7134

Canaan

Canaan Town Hall
1647 County Route 5
Canaan, NY 12029
Wednesday, 10:30-1:30
518-781-0028

Copake

Copake Town Hall
230 Mountain View Road
Copake, NY 12516
Tuesday/Thursday/Friday
10:00-2:00
518-567-7881

Greenport

Greenport Community Center
500 Town Hall Drive
Hudson, NY 12534
Monday—Friday, 9:30-1:30
518-610-0710

Hudson

Hudson Senior Community Center
51 North 5th Street
Hudson, NY 12534
Monday—Friday, 9:30-1:30
518-610-0698

Livingston

Elizaville Fire Department
1575 County Route 19
Elizaville, NY 12523
Tuesday/Friday, 10:30-1:30
518-828-7538

Stuyvesant

St. Joseph Parish Hall
1820 Route 9
Stuyvesant, NY 12173
Tuesday/Thursday, 9:30-1:30
518-751-0267

Valatie

Valatie Senior Center
3302 Williams Street
Valatie, NY 12184
Monday/Wednesday, 9:30-1:30
518-567-7881

Please call a day ahead to the appropriate center to make a reservation for lunch.



2019 GOLDEN GATHERING

The date of the 2019 Golden Gathering has been set and it will be earlier this year and has been scheduled for Saturday, October 5, 2019 at Columbia-Greene Community College. Doors will open at 9:30 a.m. and the event concludes at 12:30 p.m. The event is supported by our State Senator, Daphne Jordan. The OFA will have its transportation vehicles on the road so if you need a ride to the event, please call 518-567-3677 to get on our list. Seating is limited and we cannot guarantee a ride to everyone.



Farmers' Market Coupons Market Match Program Coming to the New Lebanon Farmers' Market

This season, the New Lebanon Farmers' Market will once again offer a dollar-for-dollar money matching program for the Senior Farmers' Market Nutrition Program Coupons. Each booklet of coupons is worth \$20, the market gives you an additional \$20, for a total of \$40 to spend on locally grown fresh fruits and vegetables. Double your money! The market matching program will help improve access to healthy food and increase nutrition for low-income families.

The New Lebanon Farmers' Market is open Sundays 10am - 2pm, during the growing season from June to October. It is located in the center of downtown New Lebanon at 516 State Rt. 20/Columbia Turnpike, in the old OTB parking lot, across the street from the New Lebanon Fire House and Blueberry Hill Market & Cafe.

The New Lebanon Farmers' Market is a community gathering place, for people to access locally grown and produced food, goods, art, and entertainment. The market provides free live music and educational opportunities to the public. It is a marketplace for local artisans and farmers striving to build a stronger, local economy and healthier community.

Medicare Preventative Services

The best way to stay healthy is to live a healthy lifestyle, eating well, exercising and not smoking. Medicare can help too. Medicare will pay for numerous preventative services including exams, vaccinations, lab tests and screenings. In addition, Medicare will pay for counseling and education. Ask your doctor about the Medicare preventative services covered by Part B (medical insurance) listed below:

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
 - ◆ Multi target stool DNA tests
 - ◆ Screening barium enemas
 - ◆ Screening colonoscopies
 - ◆ Screening fecal occult blood tests
 - ◆ Screening flexible sigmoidoscopies
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Mammograms (screening)
- Nutrition therapy services
- Obesity screenings & counseling
- One-time “Welcome to Medicare” preventative visit
- Prostate cancer screenings
- Sexually transmitted infections & counseling

Shots:

- ◆ Flu shots
- ◆ Hepatitis B shots
- ◆ Pneumococcal shots

Tobacco use cessation counseling
Yearly “Wellness” visits



**PREVENTION
WORKS!**

PAY UP OR YOU WILL BE ARRESTED

This is a scam that a member of this writer's family fell for. The family member is an intelligent senior business woman. The scam included a governmental agency, and in this type of scam a range of various governmental agencies could be used, such as the IRS. In this particular case, the scammer used the FBI.



The family member received a call from an individual who provided a (fictitious) name and stated they were an agent from the FBI. They informed the family member that they had a warrant for their arrest which they were preparing to execute. According to the agent, there was an amount of \$3,000 that was owed and arrest could be avoided by paying this amount immediately. The family member agreed that they would pay this and proceeded to withdraw funds from the bank.

The alleged FBI agent maintained contact with the family member and stated the fastest and best method to transfer the payment was to purchase prepaid cash cards of a specific company. The family member traveled to various stores to obtain these cards while the "FBI agent" kept in contact via cell phone. When the cards were acquired, the family member provided the card numbers. The FBI agent asked for the security number on the back of the card, which was hidden under a scratch off area. The family member scratched the area off to expose the security number, which was printed in small numbers. Due to poor eye sight, the family member could not read the numbers, which was the saving grace.

The family member returned home. Her son was present and she shared the story with him. The FBI agent again called the house, seeking the security number. The son answered the phone, confronted the caller, and the scam ended. The local police department was called and they confirmed this was a scam. The family member was able to return the cards and got their money back with the exception of \$80 for the processing fees on the cards when they were purchased. The story would have been worse if the family member had been able to read the security number on the back of the card. The police indicated that there was very little chance the funds would be recovered.

The threat of arrest was enough to scare the family member although there was no reason for such action. If you should answer such a call, the easiest thing to do is hang up. If you happen to become engaged in a conversation with the caller, make them provide identifiable information. Ask for their name and where their office is located. Request their badge number or other identifiable employment number. Get their phone number that you can call back on. If they refuse to provide the information, hang up.

If you do obtain the information, tell the caller that you will be looking up the phone number of the local regional agency and will verify the information. Chances are the scammer will hang up at this point. If they do provide information, research and call the regional number of the agency they claim to work for. Don't be afraid to call your local police agency, they can aid in determining if the call was a scam. Also, be wary of any governmental agency requesting prepaid cash cards for payment...it's probably a scam!



ONE RING PHONE SCAM

We have all been victim of the never ending robocalls. The Federal Communications Commission (FCC) has just released a warning regarding One Ring phone scam. The way it operates is that your home phone or cell phone may ring once or twice then stop. The caller number will display on your screen. Many people feel obligated to call the number back but if you don't recognize the number, you may be at risk of being scammed by calling it. Calling the number may hook you into a number outside of the U. S. and connection charges could occur. Worse, the scammers will be collecting money from you as the call to the number will initiate per-minute fees. The scammers will of course try to keep you on the phone as long as possible as each minute is more income to them and may try to spoof you with telling you they were calling regarding a sick relative, a prize you have won, or something else to keep your attention.

The best way to protect yourself is don't answer the phone if you do not recognize the phone number. Also, don't call the number back. Another idea...if you do not make international calls, ask your phone company to block outgoing or incoming calls to your line.

ITEMS THAT CAN BE RECYCLED



The Columbia County Solid Waste Department has recently updated a listing of acceptable items for recycling and the listing appears below. If you have any questions, the Solid Waste Department's administrative office can be reached at 518-828-2737.

Newspaper
Magazines
Cardboard boxes
Brown bags
Junk mail
Catalogs
Soft cover books
Envelopes
Advertisements & Inserts
Aluminum cans & bottles
Pie plates/trays/foil

Boxboard & Paperboard:

Cereal boxes
Pasta boxes
Shoe boxes
Mixed office paper

Tin cans:

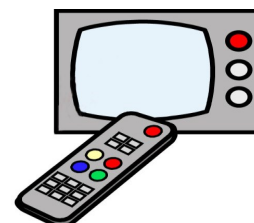
Steel
Glass bottles & Jars

Plastic Bottles:

Milk Jugs
Bleach/detergent bottles
Soda/juice bottles
Shampoo bottles
Water bottles
Cottage cheese containers
Margarine containers
Yogurt containers

Meal Cancellations

In case of weather or other emergencies, tune into WRGB- Channel 6 (CBS) television station and watch for school closings. You may also tune into WCTW 98.5 FM, WHUC 1230 AM or WZCR 93.5 FM radio stations for the same information.





Engage at Every Age

Across the country, older Americans, a rapidly growing population, are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to their communities. They're working and volunteering, mentoring and learning, leading and engaging.

The theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. The Columbia County Office for the Aging has many ways for you to participate within your community. Please contact us at 518-828-4258 if you are interested in donating some of your time.

Do You Need Your Prescriptions Delivered to Your Home?

Greene Medical Arts Pharmacy, located in Catskill, NY delivers prescriptions and medical equipment throughout Columbia County at no charge! In addition, individuals with flex spending Medicare Advantage plans may place an order with the pharmacy and those over the counter items will also be delivered at no charge. Greene Medical Arts Pharmacy also offers Sure Med, a **weekly** pill pack, which is a blister package containing all of one's medications, pre-sorted and packaged by dose and time of day. These packages show at a glance whether medications were taken and are a convenient alternative to filling weekly pill boxes. Call 518-943-4816 for more information or to sign up for automatic prescription deliveries in your town.

CVS of **Valatie** now offers delivery of prescriptions to individuals' homes. Call 518-758-2200 for more information and the cost of delivery.





SHEDDING LIGHT ON ELDER ABUSE & FINANCIAL EXPLOITATION THROUGH EDUCATION AND PREVENTION

A series of informational fairs and presentations will be held at the libraries listed below, in cooperation with the Columbia/Greene Task Force on the Prevention and Education of Elder Abuse.

FEATURING PRESENTERS FROM:

- Mike Fonda, Prevention Education, St. Peter's Health Partners
- Experts in the Health Field
- NYS Attorney General's Office
- Sheriff's Department
- Elder Law Attorneys
- Local Departments for Aging

ADMISSION IS FREE AND THERE WILL BE COMPLIMENTARY REFRESHMENTS, GIVEAWAYS AND MORE!

ROBERT C. ANTONELLI SR CENTER, 15 Academy St., Catskill, NY	July 9, 2019	10 AM – 1 PM
HUDSON AREA LIBRARY, 51 N. Fifth St. / Hudson, NY	July 17, 2019	1 PM – 4 PM
ROELIFF JANSEN COMMUNITY LIBRARY, 9091 NY 22 Hillsdale, NY	July 23, 2019	10 AM – 1 PM

For more information, please call Common Ground at 518-943-0523.

This program is funded in part through the Monroe County Office for the Aging, NYS Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester and participant contributions.

HOLIDAY CLOSINGS

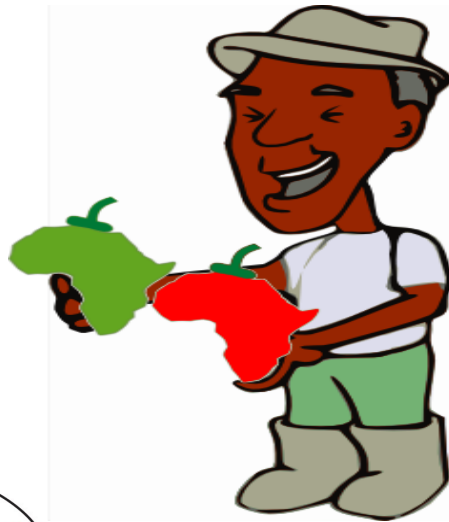
The Office for the Aging will be closed on the following holidays. There will be no meal deliveries on the following dates:

Independence Day	Thursday, July 4
Labor Day	Monday, September 2
Senior Day Picnic	Thursday, September 12

Farmer Market Coupon Distribution Sites 2019

Date	Time	Location
July 2	10:00	Valatie Woods Apartments in Valatie
	11:45	Paul Raihofer Senior Village in Valatie
July 3	11:00	Southern Tier Seniors Club Picnic at Palatine Park in Germantown
	12:00	Ghent/Chatham Area Seniors Club at Ghent Rod and Gun Club
July 9	9:00	Crosswinds at Hudson
	10:30	Columbia County Golden Ageds Club at Crosswinds at Hudson
July 10	10:00	Chatham Manor in Chatham
	11:45	Highpointe at Chatham
July 11	10:00	Greenport Manor in Hudson
	11:45	John Funk Village in Hudson
July 12	3:30	Town of Claverack Senior Citizens Club at Claverack Town Park
July 16	11:00	Stuyvesant Area Senior Community Center at St. Joseph's Parish Church
	1:00	Stuyvesant/Stockport Seniors Club at Stuyvesant Town Hall
July 17	11:00	Philmont Area Senior Community Center at Albert L. Tripp Center
	1:00	Philmont Terrace
	2:00	Richardson Hall in Philmont
July 18	9:00	Providence Hall in Hudson
	11:00	Hudson Senior Community Center at Hudson Library
	1:00	Dawnwood in Hudson

Date	Time	Location
July 19	1:30	Lebanon Valley Senior Citizens Club at New Lebanon Town Hall
July 22	1:00	Tri Village Senior Citizens At St. Luke's Luthern Church in Valatie
July 23	10:00 2:00	Barnwell Adult Day Healthcare at The Grand in Valatie Bliss Towers in Hudson
July 24	11:00	Canaan Area Senior Community Center at Canaan Town Hall
July 25	11:00 1:00	Greenport Community Center at Town Hall Drive in Hudson Greenport Senior Citizens Club at Town Hall Drive in Hudson
July 26	11:00	Copake Area Senior Community Center at Copake Town Hall
July 30	11:00 2:00	Livingston Area Senior Community Center at Elizaville Fire House Palatine Manor in Germantown
July 31	11:00	Valatie Senior Center and Valatie Senior Club on William Street in Valatie



COLUMBIA COUNTY

(518) 828-2273

Toll-free 1-877-260-9244

Do you need help for a loved one? **NY CONNECTS, COLUMBIA COUNTY** is a program that assists with helping the elderly stay in their homes longer with support services. Please call 518-828-CARE or 1-877-260-9244 for more information. Or visit the NY CONNECTS website at www.columbiahealthnet.org.

Contributions Appreciated!

Contributions to the Columbia County Office for the Aging are used to sustain and expand services to the seniors in our community. Contributions can be made for any of the following services:

_____ Home Delivered Meals

_____ In-Home Services

_____ Elder Express Newsletter

_____ Senior Stars Program

_____ Transportation

_____ Legal Services

Name: _____

Address: _____

In memory of: _____

Mail checks payable to : Columbia County Office for the Aging, 325 Columbia Street, Suite 231, Hudson, NY 12534

Thank you for your support and generosity !

Please fill out your mailing information below so we may include you on our list.

Name: _____

Mailing Address: _____

City: _____

Zip Code: _____

Mail to: Office for the Aging, 325 Columbia Street, Suite 231, Hudson, NY 12534

Email to: ofa@columbiacountyny.com

Funding provided by the Older Americans Act and the State of New York through grants administered by the New York State Office for the Aging and the Columbia County Board of Supervisors.



Columbia County Office for the Aging
325 Columbia Street, Suite 231
Hudson, NY 12534

“Caring for those who cared for us”

