



518-828-4258

October-December 2021

Columbia County Senior Citizens of the Year – 2021

Two seniors from Columbia County will be honored at the Older New Yorker’s Day 2021 celebration on November 5, 2021. Although the event will be virtual, each recipient will be honored with a certificate, a copy of the Older New Yorker’s Day program book and a commemorative pin. This year’s honorees from Columbia County are Shirley McThenia and Pat Collins.

Shirley McThenia – Shirley currently resides in the Town of Stockport, a place she and her husband Roger have called home since 1987. She has been volunteering for various organizations for over thirty years. Much of Shirley’s time is spent being involved with the Columbia Memorial Hospital Auxiliary. She also volunteers with the Stockport Youth Program, the Ichabod Crane School District, her two local fire companies (Stockport & Stuyvesant), St. Luke’s Church and at the Valatie Senior Program. Shirley has done much to contribute to both seniors and the youth in the northern part of Columbia County.

Pat Collins – Pat has been a resident of Chatham since 1976, moving from the Rochester area, as she and her husband re-located here to take on teaching positions. She is a warm, caring and out-going individual who never stops doing good deeds. She has been a steady volunteer for the Meals-on-Wheels program since 1997, and has assisted with shopping for people who are “shut-in”. She has also been a volunteer for the American Cancer Society. Most recently, Pat has volunteered at the County Health Department assisting at the COVID vaccination PODs. She always has a smile and a helping hand wherever needed.

Our county is a better place because of volunteers like Pat and Shirley.



Shirley McThenia



Pat Collins

Senior Community Centers

Albert L. Tripp Center
93 Main Street
Philmont, NY 12565
Monday—Friday, 9:30-1:30
518-672-7134

Temporarily closed

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

Temporarily closed

Hudson
Hudson Firehouse
77 North 7th Street
Hudson, NY 12534
Monday—Friday, 10:00-1:00
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, 10:00-1:00
518-751-0267

Valatie
St. Luke's Lutheran Church
1010 Saint Luke's Drive
Valatie, NY 12184
Monday/Wednesday, 10:00-1:00
518-567-7881

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

PUBLIC HEARINGS

Due to the Covid-19 pandemic, OFA will not be holding its annual public hearings this year. Our plan for next year is to continue providing the same services as we have done this year. These services include, but are not limited to, Meals-on-Wheels, transportation, information & assistance, case management, home care and respite services, HIICAP assistance, HEAP assistance, legal assistance, nutrition education and counseling.

We would like to offer the public an opportunity to provide any commentary or ask questions related to our programs and services in the fiscal year that runs from April 2022 through March 2023. Please email our agency at OFA@columbiacountyny.com or write:

Columbia County Office for the Aging
325 Columbia St, Suite 231
Hudson, NY 12534
ATTN: Kevin McDonald, Administrator



2021 Fall Trips

The Office for the Aging will again be offering trips to Colonie Center Mall. With the holiday season approaching, the trips offer an opportunity to do some gift shopping, stroll the mall, do some “window shopping” or enjoy a meal and do some people watching. In addition, we will be offering a “lunch out” as well on the dates listed below:

November trips:

Thursday, 11/4: Shopping trip to Colonie Center and lunch

Tuesday, 11/9: Shopping trip to Colonie Center and lunch

Thursday, 11/18: Shopping trip to Colonie Center and lunch

Tuesday, 11/23: Shopping trip to Colonie Center and lunch

December trips:

Thursday, 12/2: Shopping trip to Colonie Center and lunch

Thursday, 12/16: Lunch trip to Cracker Barrel

Seating is limited and reservations are required and can be made by calling 518-828-4258. **Please leave a message on the non-medical transportation voicemail and a driver will get back to you.** Pick-up times will be in the morning and will be scheduled by the driver prior to the date. Departure from Colonie Center Mall will be determined by the driver and generally will be between 1:30 p.m. and 2:00 p.m.

Holiday Gift Ideas



The holidays will be here before you know it, so we thought we would list some gift ideas for seniors. Most seniors live on a fixed income and would benefit from items they can use on a daily basis. Grocery prices continue to rise as well as other items and services used on a regular basis, thus the following would most likely be appreciated:

Gift cards to grocery stores and pharmacies

Gift certificates to restaurants, especially those that deliver

Gas cards

Gift certificates for taxi companies

Gift baskets with non-perishable items, i.e. canned fruit, crackers, tea bags, coffee, cans of tuna/chicken, sandwich or crackers spreads, i.e. peanut butter, Nutella, cookies, candy, Nutri-Grain and protein bars, etc.

Gift certificates to hair salons, barber shops and nail salons

Pre-paid long distance calling cards

Electric toothbrush

Electric blanket

Gift basket of personal care items, i.e. soap, lotion, toothpaste, deodorant, shampoo, Vaseline, facial crème, lip balm, lubricating eye drops, nail polish and remover, emory boards

Birdfeeder and large supply of birdseed....make sure you hang the feeder and fill with seed.

Supply of laundry detergent, fabric softener or dryer sheets, dish soap, new dish towels

New bed sheets, bath mat, bath and hand towels to brighten senior's home

Purchase and install grab bars and additional lighting i.e. lighting under cabinets, along stairways.

Stationery and books of stamps

Pet food and pet toys

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.



HIICAP Updates (Health Insurance Information, Counseling and Assistance Program)

Medicare Open Enrollment is October 15 to December 7 each year. This is the time of year to re-evaluate your health insurance and prescription drug insurance plans. It is a very important time of year as you have the opportunity to join or change plans during this time frame. Changes and enrollments made during this period become effective January 1, 2022. If you did not have creditable coverage and did not enroll in a plan when you first became Medicare eligible, you may have to pay a penalty.

Gather up a list of your prescriptions and your Medicare card and make an appointment to meet with a HIICAP counselor to review your current plan and maybe make a change. Plans change their formulary list and participating pharmacies each year, so it is always smart to **review them each year to make sure you are enrolled in the best plan for you.**

There is a program available to assist you with your Medicare Part B premium called the Medicare Savings Program, also known as the **Medicare Buy-In Program**. Based on your current income, the **Medicare Buy-In Program** could help pay your Medicare premiums as well as your deductibles. An individual cannot make more than \$1,469.00 a month and a couple no more than \$1,980.00 a month. It does not look at assets in NYS. If you enroll in the Medicare Savings Program, you will automatically get Extra Help; the federal program that helps pay most of your Medicare Part D drug costs.

Extra Help is a program to help you with your prescription drug costs and sometimes the premium, depending on your income. Your income must be below \$1,630.00 a month for an individual or \$2,198.00 a month for couples. Resources cannot be more than \$14,790 for an individual or \$29,520 for couples. Resources include such things as bank accounts, stocks, and bonds. They do not count your home, car, or any life insurance policy as resources. **You can apply for Extra Help at: www.SocialSecurity.gov/extrahelp or call Social Security at 1-800-772-1213 to apply over the phone.**

EPIC (Elderly Pharmaceutical Insurance Coverage Program)

The NYS Elderly Pharmaceutical Insurance Coverage program increased its income levels! You must be a NYS resident, 65 or older with an annual income of less than \$75,000 for individual and \$100,000 for married. Members must be enrolled in or join a Medicare Part D drug plan to receive EPIC benefits. If you were denied in the past, re-apply today! EPIC provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Part D deductibles are met. EPIC also covers many Medicare Part D excluded drugs. It pays the Medicare Part D plan premiums, up to \$42.27 per month in 2021 for members with annual income below \$23,000 if single or \$29,000 if married. Those with higher incomes must pay their Part D premiums but their EPIC deductible will be lowered by the annual cost of a Medicare Part D drug plan. **Call the Columbia County Office for the Aging now, at 518-828-4258, to make an appointment to review your coverage either in person or over the telephone between October 15th - December 7th.**

Preparing for Winter



Living in the northeast, we all know that the beautiful season of fall is followed by winter. It is important to prepare for the impending cold and snow. Listed below are some ideas to help you deal with the demands of winter weather.

- ◆ Get your furnace cleaned to increase efficiency and prevent carbon monoxide poisoning.
- ◆ Test smoke and carbon monoxide detectors and change batteries.
- ◆ Maintain a supply of non-perishable food and bottled water to last several days in case you lose power or can't get to a store.
- ◆ Keep a non-slip mat inside the entrance door to your home to prevent slipping on snow and or water that may drip from your boots upon entering.
- ◆ Store boots and shoes on a mat to catch any snow that might melt and create puddles, causing a fall hazard.
- ◆ Keep rain gutters clear of leaves to prevent overflowing of water which can cause damage to your home and ice build-up on walk ways.
- ◆ Keep sidewalks clear of snow and spread salt to prevent ice build-up.
- ◆ Wear layered, loose fitting clothing to stay warm, indoors and out.
- ◆ Pack a flashlight, back-up batteries, radio and warm blanket in your car in case you get stuck.
- ◆ Install snow tires and top off winter windshield solution to melt ice.
- ◆ Keep your cell phone charged, especially when venturing out in a car.
- ◆ Remember to drink water as it is just as important to stay hydrated during the cold weather.

NAME THAT SINGER

Let's test your memory and see if you can recall the singer to these popular songs from the 1950's.

That's Amore
Rock Around The Clock
Johnny B. Goode
Hound Dog
Tequila
Put Your Head on my Shoulder
Wake Up Little Susie
Blueberry Hill
The Great Pretender
All I Have to do is Dream
(answers on page 9)



Caregiver's Column

Taking Care of Yourself

It is important to take time for yourself, which is often difficult when you are a caregiver. Some of this starts with the caregiver's own mindset...convincing yourself that you are deserving of some "me time" and that in the long run, it will make you a better caregiver. It can be difficult to carve out this time on a regular basis, and it may require you to wake a little earlier if you don't have additional support on a daily basis. However, starting the day with a morning routine can help make you feel you have some control and thus able to have a better day.

- * A cup of tea or coffee on the deck during the warmer months or while reading the newspaper, watching the morning news, or catching up with a friend via a phone call can provide a relaxing start to your day.
- * Try doing some simple stretches or tune in to an early morning yoga or exercise show.
- * Go for a walk, by yourself or with your loved one.
- * During the day, stimulate your and your loved one's senses by lighting some scented candles or using a diffuser to help lift your spirits.
- * Try some music apps like Pandora or Spotify and listen to music that makes you happy and or want to move.
- * Play music that you and your loved one used to dance to and recreate those happy moments.
- * Focus on your breathing. Slowly inhale to the count of four and then exhale slowly to the count of four, do this three or more times.
- * "Breath of Fire" is a yoga move used to help reduce anxiety and stress. Place two fingers against one nostril and your thumb against the other nostril. Block off one nostril and breathe in deeply, then close that nostril and breathe out the other one. Do this several times, alternating nostrils.
- * If you are able, go for a massage. The time away as well as the focus on your muscles will rejuvenate you.



Attention Hillsdale Residents

An **October 16 Senior Chore Services Day** is being organized by the Safe at Home Committee to help seniors with outdoor chores around the house and yard. This volunteer project will help seniors get ready for winter. Tasks can include cleaning trash from the yard, moving outdoor furniture, cleaning ground floor windows from outside, and raking leaves. For more information for yourself, a neighbor or if you wish to volunteer, call Natalie at 518 265-2113 or email hillsdalesafeathome@gmail.com.

Aging in Place



Aging in place is a term used to describe a person living in the residence of their choice for as long as they are able. Falls are the #2 reason people over 70 are hospitalized. We have listed some simple home modifications which can help seniors remain in their homes safely.

Remove throw rugs. Wear proper footwear, not flimsy slippers.
Place two grab bars by entrance doors to hold on to when stepping up into the house.
Place portable ramps that just cover the entrance way lip. These can also be used to cover electrical cords.
Some are metal that don't freeze (outdoors), others are rubber.

Install grab bars in the bathroom. Sit on the toilet and determine where you will need to place grab bars.
Install grab bars for areas getting in and out of the shower/bath and along the walls from the bedroom to the bathroom.

Install hand-held shower heads.
Purchase a shower chair and put a non-skid surface or mat in the tub and shower area.
Raised toilet seats, portable seats which sit on current toilet can be purchased at stores like Walmart.
Install anti-scalding devices which will automatically turn the water off if it gets too hot.

Install two handrails for all staircases. This allows an individual's weight to be equally distributed when climbing or descending stairs.
Install low pile, dense carpets with no pad underneath. This helps prevent tripping.

Increase Lighting

Install light switches at both ends of stairs and walls.
Rope lighting can be installed under cabinets and along staircases.
Use light activated night lights (Dollar Store)
Reflective rugs for stairs which illuminate when you step on them can be purchased at Lowes.
Install task lighting directed toward specific surfaces or areas.

Furniture

Get rid of coffee tables with hard edges, purchase ottomans instead.
Install bedrails-people tend to sit on the bed and put their shoes on in the same place every day, which can make the mattress softer in this spot. This in turn can cause people to slip out in the middle of the night and hit their head on the nightstand next to the bed. Many bedrails can be lowered or hidden during the day.

Replace two-handle faucets with single lever faucets.
Replace flip light switch plates with rocker-type light switches.
Replace door knobs with lever door knobs.
Replace cabinet knobs with easy to grasp D-shaped cabinet pulls.
Use pullout or pull-down shelving in cabinets.
Put extra shelving in closets and pantries at heights that can be reached without bending or reaching.

Equipment for simple home modifications can be found at Durable Medical Equipment (DME) stores, hardware Stores, Lowes or Home Depot and on the internet by looking under the name of a specific item or under DME.

SNAP

(Supplemental Nutrition Assistance Program)

Are you eligible for SNAP, formerly known as food stamps? The SNAP benefit you are eligible for is based on your income in relation to your expenses.

Gross Monthly Maximum Income Guidelines

Household Size 1/Gross Monthly Maximum \$2,126

Household Size 2/Gross Monthly Maximum \$2,873

Household Size 3/ Gross Monthly Maximum \$3,620

Household Size 4/ Gross Monthly Maximum \$4,366



NOEP (Nutrition Outreach and Education Program) of Catholic Charities of Columbia & Greene Counties, provides free and confidential pre-screenings to determine eligibility. NOEP will assist you with the SNAP application process. For more information and or to make an appointment, call Catholic Charities of Columbia & Greene Counties at 518-828-8660.



Veteran's Day is Thursday, November 11th. Unfortunately, due to the pandemic, some celebrations and ceremonies may be altered or cancelled. However, there are still ways to celebrate and pay our respects to those who have served. Cooking and delivering a home cooked meal or baked goods to a veteran, especially one who is homebound, is a nice way to show appreciation and acknowledgement of their service. Sending a card or making cards with grandchildren is another way to remember an individuals' service to our country, as well as educating children about the sacrifices made for our country's freedom. A phone call, especially to a senior veteran, would be especially welcome during this time. We at the Columbia County Office for the Aging would like to take this time to thank all those who have served.

TURN YOUR CLOCK BACK FOR DAYLIGHT SAVINGS

We want to remind everyone that Daylight Savings occurs on Sunday, November 7, 2021 and set your clocks back one hour.





COVID Booster Doses

A booster dose is a dose of vaccine administered when the initial sufficient immune response to a primary vaccine series is likely to have waned over time.

On September 24, 2021, the CDC authorized COVID-19 vaccine booster doses of the **Pfizer vaccine ONLY**. The CDC recommendations are as follows:

- ◆ People 65 years and older and residents of long-term care settings **should** receive a booster shot of Pfizer vaccine at least 6 months after their primary series of Pfizer.
- ◆ People aged 50-64 years with underlying medical conditions **should** receive a booster shot of Pfizer vaccine at least 6 months after their primary series of Pfizer.
- ◆ People aged 18-49 years with underlying medical conditions **may** receive a booster shot of Pfizer vaccine at least 6 months after their primary series of Pfizer, based on their individual benefits and risks.
- ◆ People aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting **may** receive a booster shot of Pfizer at least 6 months after their Pfizer primary series, based on their individual benefits and risks.

Individual benefits and risks are best assessed by an individual's doctor or medical team.

Currently there is insufficient data to support the use of a booster COVID-19 vaccine dose after an initial two-dose series of Moderna or single-dose Janssen/Johnson & Johnson vaccination.

To schedule a Pfizer Booster shot, please call the Vaccine Information line at 518-697-5560, Monday – Friday, 9:00 a.m.– 4:00 p.m.

Flu Shots

Please call the Columba County Health Department at 518-828-3358, extension #4 to schedule an appointment to receive the high dose (senior) flu shot or the regular dose.

(The information noted above is from the CCDOH website.)

Answers:

Dean Martin
Bill Haley & His Comets
Chuck Berry
Elvis Presley
The Champs
Paul Anka
Everly Brothers
Fats Domino
The Platters
Everly Brothers

HOLIDAY CLOSINGS

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

Columbus Day	Monday, October 11
Election Day	Tuesday, November 2
Veterans Day	Thursday November 11
Thanksgiving	Thursday, November 25 and Friday November 26
Christmas Eve	Friday, December 24
New Year's Eve	Friday, December 31

Absentee and Early Voting Information

For the November 2021 General Election, a voter who wishes to vote by absentee ballot due to Covid concerns should select "temporary illness" as the reason given on the application for the ballot.

All requests for absentee ballots that are to be **mailed** to the voter must be received by the Board of Elections by October 18. The request can be made online.

Absentee ballots may also be **obtained in person** at the Columbia County Board of Elections through November 1.

For more information, please call the Columbia County Board of Elections at 518-828-3115.

Early Voting Locations for the 2021 General Election:

Columbia County Office Building

401 State Street
Hudson, NY 12534

Martin H. Glynn Municipal Center

3211 Church Street
Valatie, NY 12184

Early Voting Times for the 2021 General Election:

Saturday, October 23: 9 AM-2 PM
Sunday, October 24: 9 AM-2 PM
Monday, October 25: 12 PM-8 PM
Tuesday, October 26: 9 AM-5 PM
Wednesday, October 27: 12 PM-8 PM

Thursday, October 28: 9 AM-5 PM
Friday, October 29: 9 AM-5 PM
Saturday, October 30: 9 AM-2 PM
Sunday, October 31: 9 AM-2 PM



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.

SENIOR STARS CONTRIBUTIONS

The Senior Stars Program wishes to acknowledge and express our appreciation to the Bank of Greene County Charitable Foundation for their support and generous contribution to the program.

Additionally, the Senior Stars Program would like to acknowledge one contribution from an individual who desires to remain anonymous.



COLUMBIA COUNTY SENIOR STARS

Spreading Cheer 365 Days a Year

Sponsored by the Columbia County Office for the Aging

Kickoff of the 2021-2022 Senior Stars Program

2021 has been a difficult year. COVID-19 has brought about many changes in our daily living. Masks, vaccines, shortages of many items, and the attempt to return to a “New Normal”.

Our department realizes that there are many lonely senior citizens on a limited fixed income who would really appreciate a special gift during the upcoming holiday season. These gifts will bring a smile to their faces, lift their spirits and at the same time, fulfill a need. In addition, all year long, funds are used to provide one time, emergency assistance to seniors when all other funding sources have been exhausted and there is no other means of help.

We understand that this year may be a difficult one to make a donation. If you are unable to do so, that’s okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can make a donation, we sincerely thank you and most definitely appreciate it.

SENIOR STARS CONTRIBUTIONS

The Office for the Aging administers the Senior Stars Program, a program that is funded by contributions from individuals and companies. The program is focused on providing seniors that lack local supports with needed items (clothing, blankets, etc) during the holiday season. Acknowledgement of contributions received will appear in our quarterly newsletter. We also accept contributions made in memory of a loved one.

(Please Print)

Name _____

Address _____

I'd like to make my contribution in memory of _____

If you would like to remain anonymous, please check here _____

Please make checks payable to: COLUMBIA COUNTY SENIOR STARS PROGRAM and mail to 325 Columbia Street, 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



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

“Caring for those who cared for us”

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.

