

Senior Guide

2020-2021

Message From The Director

Dear Friends:

Joni Mitchell's 1960s song cautions "Don't it always seem to go. That you don't know what you've got 'til it's gone?". These lyrics are so relevant today, more than 5 months since the doors to our Friendship Centers closed in response to the Coronavirus. Activities we took for granted are now suddenly "gone." Members I have talked to since repeated their newfound appreciation for the importance of the daily companionship, the activities, and the sharing of a good meal with friends found in our Friendship Centers.

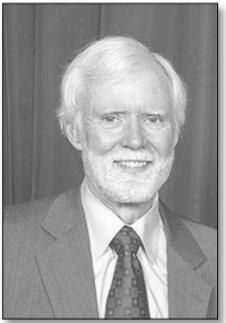
Though we must maintain safe social distances and shelter at home and though our centers may be closed, the OSR staff never stopped working: our drivers delivered meals every day to the homebound; our nutrition staff continued to cook away in our hot kitchens; our case workers picked up their phones and made wellness calls; the fiscal staff kept paying the bills and our receptionists answered the calls. **Our services are essential**, and our staff kept busy whether we worked from home or on site.

Our use of "Friendship" in the names of our senior centers is not accidental. Research highlights the dangers of social isolation and loneliness and warns us that "Loneliness is bad for your health". So, we met the challenge and developed new creative tools through telephone conferencing and internet video to keep our seniors socially engaged: Zoom Dancing; Coffee and Conversation; Brain Fitness; Virtual Bingo; Book Club Chats; Caregiver Support Groups, video exercise programs like Tai Chi. We also collaborated with the United Way and the Hudson Valley Food Bank to prepare weekly grocery bags for our Home Delivered Meal and Grab n' Go Meal recipients. During this crisis, our Home Delivered Meal program deliveries more than doubled and we launched Grab n' Go lunches for those seniors able to drive to our sites to pick one up. We've also been able to deliver thousands of face masks and hand sanitizer spray bottles to Putnam County's seniors. For seniors suffering with Dementia or Alzheimer's,

companionship comfort is even more important and can be challenging for caregivers and loved ones. We've been able to provide companion animatronic pet cats and dogs that are responsive with gentle movements and soft sounds to a senior's touch and movement.

Looking forward, I want to fill you in on some projects that our staff were working on before the pandemic hit. One is an experimental program to address the very serious workplace shortage of home health aides. OSR has received NYS funding to improve the wages and support needed for these workers. Another project targets improved coordination of medical services provided by the health system and the so-called social determinants of health services provided by OSR. Research has clearly demonstrated that activities related to nutrition, social interaction, exercise, and our spiritual needs are just as critical to our overall health and well-being as our medical treatments and medications. Our experiences over the past few months confirms these research conclusions.

While these past few months have been challenging, I hope we have all been able to experience the best of human benevolence, acts of kindness, caring, help, cooperation and empathy from our family, friends, neighbors and even strangers. This pandemic has brought people all over the world together under our shared stress of a common invisible "enemy". We have a strong, innate need to be physically, not just virtually, connected with our fellow humans and the requirement for social distancing has placed an enormous strain on all of us. We look forward to the day when we can reopen our Friendship centers and safely resume our social activities together.



Michael J. Cunningham
Michael Cunningham, Director

This newsletter is funded by the County of Putnam and the New York State Office for the Aging under Title IIIB of the Older Americans Act.

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Grab AND GO

For those seniors who are able to drive but are leery about going to restaurants, the Office for Senior Resources offers a Grab and Go Program!

You must contact the site manager at one of our 4 Friendship Centers the day before and drive up to receive from an employee wearing a mask and gloves, a delicious hot meal.

The benefit is twofold....a nutritious hot meal and contact with a friendly OSR employee!

For more information, please call 845-808-1700 and you will be connected to your Grab and Go site manager!

Mask Distribution



On June 5, 2020, the Office for Senior Resource held a massive distribution of washable masks at our 4 Friendship Centers. Hundreds of washable masks were handed out via a drive by caravan of cars to adhere to the mandate from New York State.

Masks were also distributed to all our Home-delivered meals recipients, and employees visited every senior housing complex in Putnam County to make sure each tenant had protection.

For more information on washable masks, please call the Office for Senior Resources at 845-808-1700.



Animatronic Pets Help Ease Loneliness

Animatronic pets are lifelike stuffed animals that electronically interact! The New York State Office for Aging sent 12 pets to our office to distribute to seniors in need of companionship.

The dogs and cats have made quite an impression on our seniors! Our seniors have actually named their furry "friends" and interact with them when they bark, meow, roll over and play! Caregivers are very impressed with how this companionship has helped ease the loneliness of their loved ones as well as stimulated their spirit.



A Letter from our County Executive....

PUTNAM COUNTY EXECUTIVE

MaryEllen Odell
County Executive

40 Gleneida Avenue
Carmel, New York 10512
(845) 808-1001 Fax (845) 808-1901
www.putnamcountyny.gov

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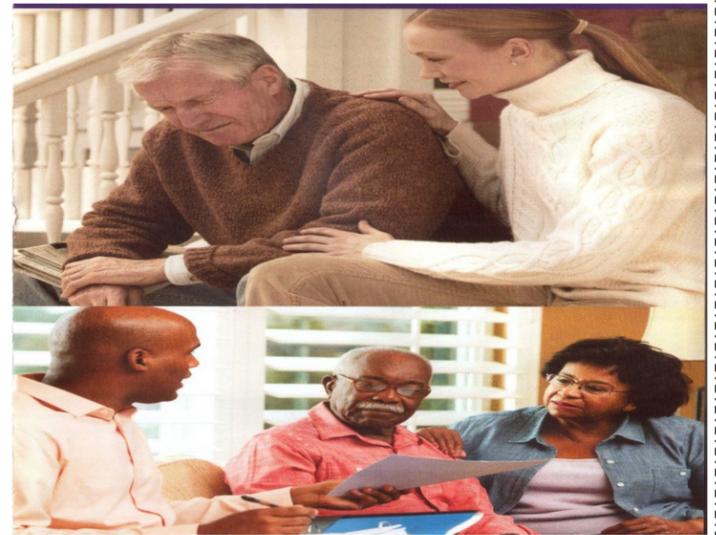
NY Connects
Your Link to Long Term
Services and Supports

Putnam NY Connects serves older individuals and individuals with disabilities of all ages, and their caregivers, with a link to community long term services and supports to help them remain in their homes as long as possible.

Putnam NY Connects can help you.....

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Get answers about Medicare
- Apply for Medicaid and other benefits

For more information, please call Office for Senior Resources at (845)808-1700 ext. 47110



Dear Friends,

There is no question that this has been a challenging year, for seniors most of all. Here in Putnam County, we rose to the challenge and continued to meet the needs of our senior residents with services and vital communications that kept our community connected even as we remained physically apart.

The Putnam County Office for Senior Resources worked double-time to find creative ways to serve the community with everything from fresh, home-delivered meals to connecting seniors with pen-pal groups in their local towns. We encouraged all seniors in Putnam, even those who had never been to one of our Friendship Centers, to call OSR, where we matched them with programs that suited their interests.

OSR set up one-on-one wellness calls and created remote group events such as "Coffee and Conversation" and TeleBingo to bring seniors together online. We even went beyond Zoom events, with a robotic pet companionship program that enhances the quality of life of those living with dementia and relieves the stress on caregivers.

Of course, we can't wait to bring seniors back to the newly renovated Carmel Friendship Center, which opened in November after 18 months of planning and hard work. The 6,000 square foot Friendship Center at the Donald E. Smith Campus in Carmel was once a school. Now it is set up with a restaurant-sized dining room, exercise rooms, a game room with a billiard table, and a cozy sitting area with a warm fireplace.

We look forward to the day that we will be able to welcome seniors back to each of our Friendship Centers throughout the county. As soon as we know it is safe for you, we will.

The Putnam County Department of Health worked tirelessly to keep our communities safe during the coronavirus pandemic. It is thanks to them that our county has come this far, and we will take our cues for reopening from them.

Here in Putnam, we are extremely grateful to our veterans, young and old, for their service. Our Veterans Services Agency is always available to make sure our veterans receive the benefits they have earned.

As we have every Memorial Day and Veterans Day for nearly a decade, we featured a Row of Honor with flags lining the shore of Lake Gleneida in Carmel to salute veterans. This year, we expanded the program to also recognize the sacrifices our healthcare workers and first responders made to fight the COVID-19 outbreak.

Thanks are due to each of you, as well. You followed the rules on social distancing, hand washing and mask wearing that helped us flatten the coronavirus curve in Putnam County. I know we can count on you to keep it up as long as necessary.

I am honored to be your County Executive. Please don't hesitate to contact my office with any concerns.

Sincerely,

MaryEllen Odell
Putnam County Executive



HOW DOES A NURSING HOME GET PAID?

It's a Luck of the Draw System

By Meyer & Spencer, PC

Families pay for nursing home care in three different ways: (1) they pay privately; (2) they have long-term care insurance pay a portion; or (3) they have Medicaid pick up the tab. Many seniors are under the misconception that Medicare will pay if they ever have to permanently go into a nursing home. Unfortunately, this is not true. Medicare is similar to regular health insurance. It generally helps to cover hospital stays, short-term stays in a nursing home, medicines and doctors' services. Thus, if you have major surgery and incur substantial medical costs, Medicare will cover the bulk of those costs. From a purely financial standpoint, you should consider yourself lucky.

On the other hand, if you are diagnosed with dementia or if you are wheelchair bound or bedridden due to physical issues and require long-term care, Medicare will not cover you past 100 days. We consider it a "luck of the draw" system because some medical costs are covered and others are not. Some families inherit their parents' hard-earned assets and some do not. At Meyer & Spencer we try to level the playing field and implement Asset Protection Strategies so families are not wiped out.

You may meet with Jim Meyer at the Office for Senior Resources' Carmel location on Tuesdays, by appointment only. Call (845) 808-1700 to schedule an appointment!

Home Energy Assistance Program



HEAP (Home Energy Assistance Program) is a federally funded program that issues benefits to households that meet the eligibility requirements. **Households that meet the eligibility guidelines may receive help to pay for Electricity, Propane, Natural Gas, Wood, Oil, Kerosene, Coal, or any other heating fuel.**

The season will open in **November 2020**, and applications will be available on line at that time by visiting www.mybenefits.ny.gov. If you would like an application mailed to you, please call the number below.

Heating Equipment Tune-Up Component is a benefit that provides for equipment inspections and cleanings prior to the start of the heating season for eligible households. This benefit will operate until available funds are exhausted.

All eligible applicants are encouraged to apply. Please help us help you save money on your heating bill while staying warm this winter season.

Please call (845) 808-1700 ext. 47110 for more information and how to apply.

Health Insurance Information, Counseling & Assistance Program (HIICAP)

Important Information from Lynn Hill, HIICAP Coordinator

Medicare Preventive Services

Coverage that treats medical problems is good, but avoiding disease and conditions altogether is even better.

Medicare provides excellent preventive care!

Thanks to the Affordable Care Act, many of these preventive tests, screenings and counseling sessions are free (no copays or deductibles).

SENIOR HEALTH CHECK-UP

MEDICARE
HEALTH
SCREENINGS



NEW YORK
STATE OF
OPPORTUNITY.

Office for
the Aging

Pay to the
Order of

You!

\$ **Priceless!**

Your Health Screening Benefits and $\frac{00}{100}$ Dollars

Medicare

YOU MAY HAVE TO PAY A DEDUCTIBLE,
COINSURANCE AND/OR COPAYMENT.
AMOUNTS MAY VARY DEPENDING ON
YOUR MEDICARE HEALTH PLAN.

See page 6 for more details on each preventive test

FREE HIICAP/MEDICARE COUNSELING IS AVAILABLE

- Visit www.medicare.gov where you can get a personalized comparison of costs and coverage.
- Call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048.
- Call the Medicare Rights Center 1-800-333-4114
- Get one-on-one counseling via telephone at the Putnam County Office for Senior Resources.

Contact:

Lynn Hill, HIICAP Coordinator

Putnam County Office for Senior Resources

(845) 808-1700 ext. 47115

For current information on Medicare, Medicare Prescription Drug Coverage, Medicare Advantage or to get publications, call
1-800-MEDICARE (1-800-633-4227)

DISCLAIMER

HIICAP (Health Insurance Information Counseling and Assistance Program)

The information provided by the Health Insurance Information, Counseling and Assistance Program is intended for the sole purpose of educating consumers in regard to the choices available for their health insurance needs.

Particular emphasis is placed on understanding original Medicare.
Nothing herein is intended nor should it be construed as an endorsement by the State of New York of any specific insurance product or insurer.

*New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.

This project was supported, in part by grant number 90SAPG0105, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201



**ARE YOU CONCERNED ABOUT AN ERROR OR POTENTIAL FRAUD?
CALL 1-877-678-4697**

Save The Date:

“MEDICARE’S OPEN ENROLLMENT” October 15th – December 7, 2020

This is the time of year all people with Medicare can make changes to their health and prescription drug plans, with new coverage to begin January 2021.

“MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD”

January 1, 2021 - March 31, 2021

If you're in a Medicare Advantage plan you can switch once to a different Medicare Advantage plan or to Original Medicare, with or without a Medicare Part D plan.

EPIC ANNUAL “SPECIAL ENROLLMENT PERIOD”

EPIC allows all their members to change their Medicare Part D plan one time a year.

“SPECIAL ENROLLMENT PERIODS”

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life.

These changes are called;
Special Enrollment Periods (SEP's).

For more information call **1-800-MEDICARE**

MEDICARE AT A GLANCE

Medicare Part A

Medicare Part A helps cover inpatient care in hospitals. This includes critical access hospitals and skilled nursing facilities (not custodial or long-term care). It also helps cover hospice care and home health care. You must meet certain conditions to get these benefits.

Most people automatically get Medicare Part A coverage without having to pay a monthly payment, called a premium. This is because they or a spouse paid Medicare taxes while working. If you don't automatically get premium-free Part A, you may be able to buy it.

Medicare Part B

Medicare Part B helps cover medical services like doctors' services, outpatient care, items medically necessary, and preventative services that Part A does not cover. Medicare part B is optional however, if you don't sign up for part B when eligible, you may have to pay a late enrollment penalty, generally for as long as you have Part B.

The standard Medicare Part B premium for 2020 is \$144.60. Some people may pay a higher premium, based on their income. If you must pay higher premiums, SSA will send you a letter with your premium amount(s) and the reason for their

determination. If you have both Medicare Part B and a Medicare Part D plan, you'll pay higher premiums for each.

Medicare Prescription Drug Coverage (Part D)

Medicare offers prescription drug coverage to everyone with Medicare. If you decide not to join a Medicare drug plan when you're first eligible, and you don't have other "creditable" prescription drug coverage you'll likely pay a late enrollment penalty, which will be added to your monthly premium generally for as long as you have Medicare prescription drug coverage.



Medicare Advantage Plans (Part C)

Medicare Advantage Plans are health plan options, like HMO's and PPO's, also known as Medicare "Part C" They are approved by Medicare but are run by private companies. They provide all your Part A and Part B coverage and must cover medically-necessary services. They generally offer extra benefits, and many include Part D drug coverage. You may have to see doctors who belong to the plan or go to certain hospitals to get covered services.

Some Medicare Advantage Plans charge a monthly

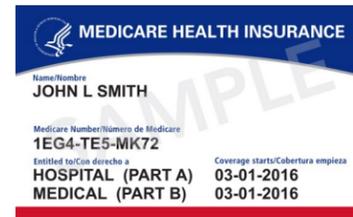
premium in addition to your Part B premium. Costs vary by plan and the services you use.

Medicare Preventive Services

Medicare pays 100% for many preventive services to keep you healthy.

If you are in a Medicare Advantage plan, your plan will not charge you for preventive care services that are free for people with Original Medicare as long as you see in-network providers. Check with your plan to find out what your costs may be.

Be sure to follow the Medicare guidelines for receiving these services since some are covered only once every few years and others are only covered if you meet specific criteria.



1-(800)-MEDICARE
(1-800-633-4227)

or visit:

www.medicare.gov

Need personalized Medicare information?

Sign into your secure account to get information you need.

MyMedicare.gov

- Track Original Medicare claims and your Part B deductible status.
- See what Medicare coverage you have.
- Sign up to get your "Medicare Summary Notices" electronically (also called "eMSNs"), instead of printed copies. We'll send you an email each month when they're available in your account.
- Manage your personal information like medical conditions, allergies, implanted devices, prescription drugs and preventive services.
- Print an official copy of your Medicare card.
- Sign up to get the "Medicare & You" handbook electronically. You won't get a printed copy if you choose to get it electronically.

To set up an account visit MyMedicare.gov

"New"

LEARN THE BASICS ABOUT MEDICARE...

A Medicare 101 slide presentation is available on our Putnam County Office for Senior Resources Facebook page as well as our website:

www.putnamcountyny.com/osr

Social Security (Extra Help) With Medicare Prescription Drug

Anyone with Medicare can get Medicare Prescription Drug coverage, (Medicare Part "D").



"Extra Help" is available for some people with limited income and resources. It will pay for all or most of the monthly premiums, annual deductibles and prescription co-payments related to a Medicare prescription drug plan. To find out if you're eligible, Social Security will need to know your income, the value of your savings, investments and real estate (other than your home). If you are married and living with your spouse, SSA will need this information for the both of you.

To Qualify for "Extra Help"

-**Annual income** must be limited to **\$19,140** for an individual or **\$25,860** for a married couple living together. Even if your annual income is higher, you still may be able to get help.

-**Resources** are limited to **\$14,610** for an individual or **\$29,160** for a married couple living together. Resources include bank accounts, stocks and bonds.

Social Security does not count your house, car, and any life insurance policy as resources.

After you apply, Social Security will review your application and send you a letter to let you know if you qualify for "Extra Help". Once you qualify, you can choose a Medicare prescription drug plan. If you do not select a plan, the Centers for Medicare & Medicaid Services (CMS) will do it for you.

To apply online visit:

www.socialsecurity.gov/extrahelp

or call SSA @ 1-800-772-1213 (TTY 1-800-325-0778)

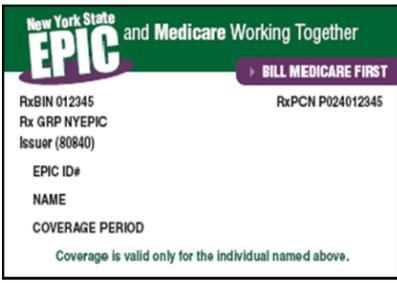
Medicare Savings Program (MSPs)

Are you an individual with a monthly income of less than **\$1,456** or a couple with a monthly income of less than **\$1,960**?

If approved for this benefit, the Medicare Savings Program will pay your Medicare Part B premium, which means that you will have extra money added to your Social Security check each month.

You will receive extra help from Medicare which will reduce your co-pays to as low as **\$3.60** for generic & **\$8.95** for brand drugs that are covered by your Medicare Part D plan. In addition you will not be subject to a Medicare Part D plan deductible or the "Gap / Donut Hole".

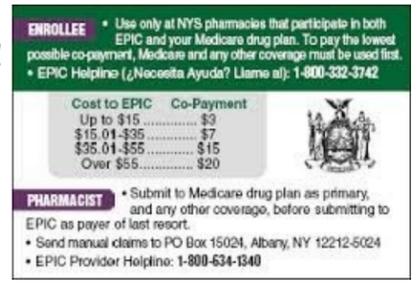
Medicare Savings Program	
QMB (100% FPL)	Payment of Medicare Part A and/or B premiums; Payment of Medicare Part A and Part B Cost Sharing, Eligible for LIS (Prescription Drug benefits).
SLMB (120% FPL)	Payment of Medicare Part B premiums, Eligible for LIS (Prescription Drug benefits).
QI-1 (135% FPL)	Payment of Medicare Part B premiums, Eligible for LIS (Prescription Drug benefits).



If you are a NYS resident, 65 or older with an annual income of less than \$75,000 for single and \$100,000 for married, consider joining EPIC!

EPIC saves you money by supplementing your Medicare Part D plan.

- **Fee Plan** members pay an annual fee to EPIC based on their income. The EPIC co-payments range from \$3-\$20 based on the cost of the drug. Those with Full Extra Help from Medicare have their EPIC fee waived.



- **Deductible Plan** members must meet an annual out-of-pocket deductible based on their income before paying EPIC co-payments for drugs.

EPIC also pays the Medicare Part D plan premiums, up to the amount of a basic plan, for members with annual income below \$23,000 if single or \$29,000 if married. Those with higher incomes must pay their Part D plan premiums however, their EPIC deductible is lowered by the annual cost of a Medicare Part D drug plan.

For more information contact NYS EPIC @ 1-800-332-3742

Medicare Preventive Services Checklist

See www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare part B enrollment	Medicare pays 100%
“Welcome to Medicare” Preventive Visit	Once within the first 12 months that you have Medicare Part B	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year with qualified doctor	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years	Medicare pays 100%
Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at risk	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your Doctor	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals	Medicare pays 100%
Diabetes Prevention Program	Once per lifetime to help prevent type 2 diabetes.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your Doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes—doctor must provide written order	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per Flu Season	Medicare pays 100%
Glaucoma Screenings	Once every 12 months for those at risk	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot & Screening	Based on risk factors. Ask your Doctor	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high risk definition, but were born from 1945 through 1965	Medicare pays 100%
HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy	Medicare pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years	Medicare pays 100%
Mammogram Screening	Every 12 months for women age 40 and older	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second shot is now covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%
Smoking and Tobacco Cessation	Up to 8 face-to-face visits per year	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/ Counseling	Once every 12 months for those at risk	Medicare pays 100%

WISDOM FOR WELL-BEING



Join a Brain Fitness Group with your peers!

Currently, many seniors are staying connected and having a great time with one another when they participate in the Brain Fitness groups.

Each Friendship Center is meeting at least once a week via the telephone to share experiences, thoughts and memories.

During this unprecedented time, it allows for support, comradery and continued friendship for all our seniors currently unable to be at the sites.

For more information or to find out how these work call Mike at (845) 808-1700 ext. 47103

2020 Schedule of Public Seasonal Influenza Vaccine Clinics

The Putnam County Department of Health is offering seasonal flu vaccine to residents of Putnam County 18 years of age and older:

DRIVE THRU FLU SHOT CLINIC



<u>DAY/DATE</u>	<u>LOCATION</u>	<u>TIME</u>
Monday, September 21 (<i>Rain date - September 22</i>)	Putnam County Department of Health 1 Geneva Road, Brewster (Drive-Thru Clinic)	1 – 6:30 p.m.
Wednesday, October 7	Garrison Fire Department 1616 Route 9, Garrison	1 – 6:30 p.m.
Friday, October 16 (<i>Rain date - October 19</i>)	Putnam County Department of Health 1 Geneva Road, Brewster (Drive-Thru Clinic)	1 – 6:30 p.m.

COVID-19 guidance must be followed:
 *All residents **MUST** remain in their vehicles at ALL times.
 *Social/physical distancing and face coverings are required.
 *Short sleeve shirts are necessary for vaccine administration.
 *Consent forms must be completed prior to clinic.

Cost: \$25.00
 (65 and older or with Medicare Card – FREE)

Appointments are Required.
Please bring proof of residency (driver's license) and Medicare card.

The Putnam County Department of Health will be offering **High Dose Flu Vaccine** for seniors age 65 and older. Studies have shown this vaccine appears more effective in fighting flu in seniors. **Pneumonia vaccine will not be available at clinics this year.**

Vaccine consent forms must be completed and signed prior to the clinic, and presented at the time of the clinic, along with proof of residency (Driver's License). **Forms will not be available at the clinic. They are available on the Putnam County website at www.putnamcountynv.com/immunization/**

If you would like to make an appointment for the **September 21 clinic**, please call 845-808-1390 ext. 43262 and leave a message with your name and telephone number. Someone will call you back to schedule an appointment. A maximum of 300 appointments will be available. Appointments will close by Saturday, September 19 at noon.

VD - 2020



HOW EVERYONE CAN HELP PREVENT THE TRANSMISSION OF THE COVID-19 VIRUS

- ⇒ Wash your hands with soap and water (20 seconds) or use an alcohol-based hand sanitizer regularly
- ⇒ Wear a mask or face covering when out in public
- ⇒ Cover your mouth and nose when coughing or sneezing
- ⇒ Remember to avoid touching your face
- ⇒ Practice social distancing-stay a minimum of six feet from others
- ⇒ Refrain from smoking as well as other activities that can weaken the lungs
- ⇒ Designate one family member to do grocery shopping or errands
- ⇒ Wipe shopping cart and basket handles when shopping
- ⇒ Ask delivery people or workers to leave packages at your front door or a common area in your living complex
- ⇒ Wash hands after picking mail up from your mailbox



Caregiver's Corner

“Sometimes asking for help is the most meaningful example of self-reliance.”

-Cory Booker



10 Tips for Family Caregivers

- ◇ Seek support from other caregivers. You are not alone!
- ◇ Take care of your own health so that you can be strong enough to take care of your loved one.
- ◇ Accept offers of help and suggest specific things people can do to help you.
- ◇ Learn how to communicate effectively with doctors.
- ◇ Caregiving is hard work so take respite breaks often.
- ◇ Watch out for signs of depression and don't delay getting professional help when you need it.
- ◇ Be open to new technologies that can help you care for your loved one.
- ◇ Organize medical information so it's up to date and easy to find.
- ◇ Make sure legal documents are in order.
- ◇ **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

©Caregiver Action Network 2017

THE 5 THINGS YOU SHOULD KNOW ABOUT CAREGIVING

Reprinted from RevolutionHealth.com

The world of caregiving is a fast-growing one and can be overwhelming. If we had to narrow it down to just 5 major points, here's what they would be....

1. Understand how your parent's disease may affect his/her thoughts, behavior, and attitude. Inappropriate outbursts may be caused by an underlying condition and not something you did.
2. Set up a support system to help you care for your loved one. Caregiving is not a solo act. When help is offered, do not dismiss it!
3. Take breaks. Arrange for respite care, and consider an adult day care program, especially if you work.
4. Keep your interests; forgive yourself and do not allow your caregiving to consume or define you. Have a laugh, enjoy it and share it with your loved one!
5. There may come a time when nursing home care is the best and safest place for your loved one. Do not feel guilty. Let the nursing home care for your loved one when medical needs exceed your capabilities.

6 Signs of Caregiver Burnout

Reprinted from AgingCare.com

The tasks of caring for an elderly loved one can add up quickly, leaving you exhausted and stressed out. Chances are, if you've been a caregiver for more than a few weeks, you've experienced a certain degree of caregiver burnout.

Please be aware of the following signs of caregiver burnout. If you find yourself thinking or saying these things, you may want to seek help from your doctor and consider finding some respite care...

“I just don't feel like talking to or seeing anyone today- even my friends and family.” If you discover that you consistently don't want to interact with people, especially close friends and family, it could be a sign that caring for your loved one is becoming too draining.

“I used to enjoy reading mystery novels, or knitting, and now nothing seems to hold my interest.” If your favorite hobbies and pastimes are not appealing to you anymore, it may indicate that you need a break from being a caregiver.

“Sometimes taking care of my loved one is way too much for me to handle.” Signs of depression varies; however if you ever feel like “ending” your journey, contact a mental health professional or your primary care doctor. There is help available.

“I've been eating weird lately.” Abnormal eating patterns, whether its eating too much or not enough might be an indication of extreme stress.

“I've been sleeping weird lately.” If you can't seem to fall asleep at night, or have trouble getting out of bed in the morning, you may be feeling the effects of too much caregiving responsibility.

“It's been several weeks and I can't seem to shake this cold.” Stress can wreak havoc with your immune system. Illnesses that last longer than they should are a sign of reduced immune system functioning that could be a result of your caregiving duties.

So, how do you combat these signs of caregiver burnout? I would suggest joining a Caregiver Support Group. Currently, due to the COVID-19 pandemic, we are using Microsoft TEAM meetings to bring caregivers together. We are still available to share our experiences, as well as helpful remedies, to help through the caregiving journey.

There is no reason for you to go through this alone. Join a group, reach out to friends and family members and when they ask, “What can I do?”, let them help! If appropriate, Adult Day Care Programs are also available for respite.

Most importantly, find humor in any situation and laugh! Laughter truly is the best medicine and can get you through a difficult day.

For more information on Caregiver Services, please call Marie Vigada at 845-808-1700, ext. 47134, or email marie.vigada@putnamcountyny.gov.

Tips for Family Caregivers and COVID-19

At Caregiver Action Network, we're family caregivers too, so we know: Caregivers are great at planning ahead and managing unexpected health crises, but with COVID-19 you may not have time to plan, or sort through the rapidly changing and sometimes conflicting available information. These tips can help keep you and your loved ones as safe as possible.

Follow the guidance of the CDC- The CDC has put together a number of resources to answer specific questions and address concerns you may have. They have also formulated this guidance for caring for someone sick at home. The CDC's current recommendations to help ensure everyone's health and safety, include:

- Avoid large crowds. Currently, the CDC is recommending no public gatherings exceeding 10 participants.
- Avoid non-essential travel.

Find support- Do you participate in a support group? Many places, such as churches and community centers, have suspended meetings and events with outside groups. Before you go, call ahead to see if the group is still meeting as scheduled.

Refill Prescriptions- Make sure you have enough of your loved one's medical supplies and medications for an extended period.

Check to see if your loved one's medications are part of a patient assistance program - During this time, many pharmaceutical companies are expanding their patient support programs to help eligible unemployed patients in the U.S. who have lost their health insurance due to the COVID-19 pandemic. These expanded programs offer access to many prescription medications for free.

Monitor the health of your loved one, and keep in touch with their medical team- Many health care plans and practices have their own guidelines for how and when they should be contacted about possible COVID-19 exposure or symptoms. Call your loved one's primary care doctor and ask how they want you to proceed.

Only go to the Emergency Room for emergencies- If you suspect that you or your loved one are experiencing COVID-19 symptoms, call your doctor.

Know your own risk factors- Do you have a chronic condition? Are you immunosuppressed? Many caregivers themselves have health issues, so don't put yourself in unnecessary danger.

Be aware of any changes to visitation policies- Many hospitals and emergency rooms no longer allow visitors, including family caregivers, in treatment areas or patient rooms. In a situation where you are not allowed to be with your loved one in the hospital or emergency room, discuss a strategy with staff that will allow you to get updates on your loved one. Many skilled nursing and assisted living facilities have made changes to their visitation policies. Check to see if outside visitors are allowed before making a trip.

Call ahead before going to some medical appointments- To minimize the risk of exposure, many healthcare facilities are handling some appointments with telemedicine. Medicare and other insurance providers have expanded coverage to now include telemedicine. Call your loved one's healthcare provider in advance of the appointment to see if the appointment can be held via telemedicine.

Prepare for a possible quarantine- If your loved one has been exposed to COVID-19 or has developed symptoms and/or tested positive for the virus, you will need to manage a 14-day quarantine.

- Can your loved one stay in a specific room and away from other people in your home? They should also use a separate bathroom, if available.
- Avoid sharing personal items such as: dishes, towels, and bedding.
- Clean all surfaces that are touched often. These include: counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



DEMAND RESPONSE
MEDICAL TRANSPORTATION
Volunteers helping Seniors and Veterans



RSVP
NEEDS YOUR HELP!

Would you like to help others by giving back to your community?

Would you like to make a lasting impact on someone's life?

Then, the Office for Senior Resources

Medical Transportation Program

is for you!

- ◆ Seniors and Veterans need rides to doctor appointments.
- ◆ Volunteers will pick up a County car at the Carmel Office for Senior Resources, Putnam Valley, or Philipstown Friendship Center.
- ◆ Go to the client's home.
- ◆ Take them to the doctor.
- ◆ Take the client home.
- ◆ Return car to Office for Senior Resources, Putnam Valley, or Philipstown Friendship Center.
- ◆ Cars are equipped with a radio for communication. In case of an emergency, help will come to you.
- ◆ Directions can be given over the radio.
- ◆ Volunteer will have NO liability.

For more information, contact Mary White, RSVP Director,
at (845) 808-1734. Send your information to her at
110 Old Rte 6, Bld. #3, Carmel, NY 10512

DO YOU NEED A RIDE TO YOUR DOCTOR APPOINTMENTS?

WE CAN HELP!!

Our Medical Transportation Program has started back up on a limited basis amid the COVID-19 pandemic. We have begun to transport seniors to their doctor appointments in a very cautious and safe manner. Masks, gloves and hand sanitizer must be used by both the volunteer driver and the client.

The ambulatory client must sit in the back-passenger seat behind a clear shield during the transport. The driver is not allowed to come into the waiting room of the doctor's office and must wait outside in the car.

The Office for Senior Resources has tried to take every precaution to follow the CDC guidelines to keep our seniors safe while visiting their doctor for much needed medical appointments.

THE RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) OF PUTNAM COUNTY NEEDS YOU

RSVP volunteers lead more active, dynamic lives, full of the excitement of participation. To get more information and to find out how to join, please call Mary White, RSVP Director, at 845-808-1734.

There are many RSVP Volunteer opportunities, including:

- * **Activity Leaders** – lead seniors in exercises, crafts, art, music, games, piano playing, etc.
- * **Blood Pressure Aide** – volunteers screen seniors for high blood pressure
- * **Computer Learning Center for Seniors** – looking for seniors who are willing to share their computer knowledge with others at all Friendship Centers
- * **Demand Response** - drive seniors and veterans to medical appointments
- * **Food Pantries** – help with food distribution and collection
- * **Friendship Center Greeters**– front desk sign-ins for lunch and activities
- * **Literacy & ESL Teachers** – volunteers help people with limited reading or language skills
- * **Salvation Army Bell Ringers**– volunteers needed during the Christmas season
- * **School Aide** – reading tutors in elementary schools
- * **Tax Aide** – volunteers are trained to provide income tax assistance for elderly
- * **Thrift Stores** – collect & distribute clothing, display donated items for sale, be a cashier

Navigating the COVID-19 Reopening Process: Tips for Alzheimer's Families

By Sergii Sverdelov

As states around the country open up after months of prolonged isolation due to COVID-19, the Alzheimer's Foundation of America (AFA) is providing tips to families affected by Alzheimer's disease about how to protect their loved ones during the reopening process.

"Months of prolonged isolation understandably are making all of us eager to get out and about, but it's important to remember that even though things are starting to reopen, COVID-19 has not disappeared," said Allison B. Reiss, MD, a member of AFA's Medical, Scientific and Memory Screening Advisory Board, Head of the Inflammation Laboratory at NYU Winthrop Hospital's Biomedical Research Institute and Associate Professor of Medicine at NYU Long Island School of Medicine. "Individuals living with Alzheimer's disease or other dementia-related illnesses have memory impairments that affect their ability to remember things like hand washing, social distancing or wearing a mask. Because of this, family caregivers will need to continue taking steps to keep their loved one as safe and healthy as possible."

AFA recommends the following measures:

Reinforce preventive steps: Continuing protocols recommended by the Centers for Disease Control and Prevention (CDC) to help protect against the virus, such as washing hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing the nose, is vital. Because Alzheimer's impacts memory, someone living with it may need to be repeatedly reminded and helped with these procedures. Steps caregivers can take to encourage handwashing include:

- Explain what to do slowly, step by step.
- Use a fragranced soap, such as lavender, to improve the person's sensory experience.
- Speak in a soothing tone.

Spend time outdoors (safely). Walking, exercising or even just being out in the yard are all good for the body (as long as you practice appropriate social distancing and wear masks when around others). Sunlight is also a great source of vitamin D, which can help strengthen the body's immune system.

Watch what you eat. Maintain a balanced, nutritious diet with fewer processed, high-salt or high-sugar foods. Good hydration is also important, as is adequate vitamin D and C, both of which may help boost immunity.

Limit exposure. Avoid taking the person to grocery stores, restaurants or other large public gatherings. Because COVID-19 is spread when individuals are in close proximity with one another, your risk of contracting coronavirus increases as you are around more people. Limit the number of outside visitors who come into your home to lessen the chances of exposure. Many doctors are utilizing telemedicine and video visits to see patients. This is another good option to avoid having to travel to in-person care sites. These visits can be done with a family member or proxy present.

The Friends of the Senior Citizens of Putnam County purchased a pool table for the new Carmel Friendship Center for its Grand Re-Opening last November. The pool table was enjoyed by site participants every day and now we are just waiting to reopen to have friendly games and fun once again!



THE FRIENDS OF THE SENIOR CITIZENS
OF PUTNAM COUNTY WOULD LIKE TO
EXTEND A VERY SPECIAL THANK YOU
TO

JONATHAN GALENTE AND THE
ANNE ANASTASI FOUNDATION

FOR THEIR EXTREMELY GENEROUS
CONTRIBUTION! DUE TO THEIR
GENEROSITY, WE WERE ABLE TO EXPAND
& DISTRIBUTE THIS SENIOR GUIDE TO
YOU WITH VITAL INFORMATION!



OUTREACH SERVICES

WOULD YOU LIKE TO LEARN ABOUT
OUR PROGRAMS AND SERVICES?
OUTREACH IS AVAILABLE TO YOU!

The Putnam County Office for Senior Resources has a team of Outreach Workers in each town that make friendly phone calls to inform seniors about the many programs and services available to them.

Our team also reaches out to seniors in their area weekly to chat to help ease social isolation and put a smile on their face! These calls have a twofold benefit....friendships are formed while checking on the needs of the senior every week!

If you or a loved one is in need of a little
“outreaching”,
please call 845-808-1700, ext. 47134.

The Friends of the Senior Citizens of Putnam County



What is the mission statement of the Friends of the Senior Citizens of Putnam County?

The FRIENDS is a not-for-profit organization that supports the dignity, independence and life enrichment of senior citizens in Putnam County.

Their mission is to raise funds to provide for “special projects” for the seniors throughout the County, such as technological advancements through our Computer Learning Center for senior classes; beautification by keeping our Friendship Centers full of greenery and flowers; and enhancements by providing various items to our Friendship Centers that are not provided by the Office for Senior Resources. For example, the FRIENDS purchased pool tables for the two new sites in Cold Spring and Carmel which has been enjoyed by all!

Funds are raised to accomplish our mission by donations, grants, our famous Bargain Shelf (located at the Carmel site), raffles, memberships and benefactors.

For more information on the FRIENDS, please call 845-808-1700, ext. 47111.

Senior Partnership Services- Continuing to Spread Hope to Putnam County Seniors

Five years and running, The Office of Senior Resources has been lucky enough, with the aid of a grant, to partner up with CoveCare Center and the National Council on Alcoholism and Other Drug Dependencies to continue to assist Putnam County seniors. If you are a Putnam County resident, aged 55 and older and interested in receiving help with mental health and/or substance use issues, the Senior Partnership is there for you! This service offers assessments, care management, and short-term therapy at your home or at another convenient location of your choice, all free of cost! Thanks to this program, we have helped local seniors to improve their quality of life through addressing symptoms, providing quality, person centered care and connecting individuals to community resources. Please reach out to (845) 808-1700 ext. 47113 for more information and to learn how the Senior Partnership could benefit you, a family member or a friend.



In Memoriam

Edward Cleary

It is with great sadness that we announce the passing of a recent retiree of the Office for Senior Resources, Edward Cleary.

Ed dedicated his life to public service as a village trustee for 14 years, town judge, and Mayor of Nelsonville for 16 years. He was a life member and past president of the Nelsonville Fire



Department, and president of the McKeel's Corner Chapel. The enthusiastically led a prayer at the end of each Cold Spring parade celebrating Memorial Day, July 4th, etc., and felt very humbled that he was asked to do so for many years. This honor was very fitting as Ed was the most religious and patriotic man anyone has ever known.

He was the Lay Pastor of the Cold Spring Chapel (now known as the Chapel on the Hill) and married many of the congregates of the church... as well as laid them to rest.

Ed was a local business owner of “Ed's Variety Store” for over 30 years as well as an active volunteer in the community and assisting in refurbishing the famous “cow rock”.

As a young teen, he and his mother were in the Civil Air Patrol and were “Plane Spotters” during World War II. As an adult, Ed also worked at Graymoor and St. Luke's Hospital.

He was an Outreach worker for Office for Senior Resources for the Town of Philipstown for 26 years and in total, dedicated 60 years in civil service to our community. Ed has helped hundreds of seniors remain in his community with necessary programs and services. He was a dedicated and kind-hearted man who always put the senior's needs first. They were his priority and he would go above and beyond to make sure services were in place. He was a one-man medical transportation service, an active member of the Caregivers Task Force, and a volunteer for the annual Alzheimer's Walkathon.

Ed was a wonderful, committed and caring man who will be greatly missed in our department. The world is a better place because of him.



**VIRTUAL
ACTIVITIES
CALENDAR**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Chair Yoga w/ Lucy [All sites] ➤ Coffee + Convo w/ Michele [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] ➤ Brain Fitness w/ Mike [Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Dancing w/ Rich [All sites] ➤ Bingo w/ Kris [Carmel] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Philipstown] ➤ Bingo w/ Mary [Put Valley, Philipstown] ➤ Bingo w/ Joanne [Carmel] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] 	<p>9:00AM</p> <ul style="list-style-type: none"> ➤ Breakfast Club [All sites] <p>10:00AM</p> <ul style="list-style-type: none"> ➤ Exercise w/ Sue [All sites] ➤ Coffee + Convo w/ Mary [Put Valley, Philipstown] ➤ Brain Fitness w/ Mike [Carmel] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Kris [Adult Day Care] ➤ Brain Fitness w/ Mike [Carmel] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Trivia w/ Kris [Putnam Valley] ➤ Brain Fitness w/ Mike [Mahopac] ➤ Bingo w/ Joanne [Carmel] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Putnam Valley] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Putnam Valley] ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Computer Learning for Seniors CLCS w/ Mary [Put Valley, Mahopac] ➤ Games w/ Mary [Adult Day Care] ➤ Coffee + Convo w/ Joanne [Carmel, Mahopac] ➤ Coffee + Convo w/ Pat [Carmel] <p>11:45AM</p> <ul style="list-style-type: none"> ➤ Caregivers Call [All sites] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Kris [Put Valley, Philipstown] ➤ Bingo w/ Rosemary [Mahopac] <p>3:00PM</p> <ul style="list-style-type: none"> ➤ Book Club w/ Michele [Put Valley] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Tai Chi w/ Kim [All sites] ➤ Coffee + Convo w/ Michele [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] ➤ Brain Fitness w/ Mike [Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Brain Fitness w/ Mike [Philipstown] ➤ Coffee + Convo w/ Kris [Put Valley, Philipstown] ➤ Coffee + Convo w/ Joanne [Carmel, Mahopac] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Rosemary [Mahopac] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown] 	<p>10:00AM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Kris [Putnam Valley] ➤ Coffee + Convo w/ Rosemary [Carmel, Mahopac] <p>11:00AM</p> <ul style="list-style-type: none"> ➤ Line Dancing w/ Rich [All Sites] ➤ Bingo w/ Mary [Adult Day Care] <p>12:30PM</p> <ul style="list-style-type: none"> ➤ Bingo w/ Mary [Put Valley, Philipstown] <p>2:00PM</p> <ul style="list-style-type: none"> ➤ Coffee + Convo w/ Michele [Put Valley, Philipstown]



If you are interested in any of these classes please call (845)-808-1700

****Classes and Meetings are subject to change. Please call our office or check the OSR webpage (www.putnamcountyny.com/osr) for up-to-date schedule.****

CENSUS 2020

PUTNAM COUNTS IN 2020

PUTNAM COUNTY, NEW YORK

Everyone living in your home counts.

The census counts every person living in the United States regardless of their country of origin or immigration status.

This includes children and newborn babies, grandparents, friends, nonrelatives, and everyone who is living or staying with you as of April 1, 2020.



The 2020 Census is safe & confidential.
Responses to the census are safe and confidential. Your information is protected by law and cannot be shared with other law enforcement agencies—not the FBI, ICE, or even local police.

The 2020 Census is easy & convenient.
The census is available in many languages, including Spanish. You can respond online, by phone, or by mail.

The 2020 Census is important for our community.
Your answers to the 2020 Census will impact funding decisions for the next 10 years for important local services in our communities, including:

- Schools
- Health Clinics
- After-school Programs
- Public Transportation
- Roads
- School Lunch Programs
- Playgrounds
- Community Centers for Seniors

For more information Visit:
WWW.PUTNAMCOUNTYNY.COM/CENSUS2020
WWW.2020CENSUS.GOV

