



Niagara County Office for the Aging
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 438-4020
www.niagaracounty.com/aging

Office for the Aging News

OFFICE FOR THE AGING



Who to call at the Office for the Aging

Do you ever wonder who to ask for when you call the Niagara County Office for the Aging? You can always call our main number, **438-4020**, and ask who can best answer your question, or you can call the same number and ask for one of the people below. Also you can go to our web site at www.niagaracounty.com/aging.

Director, Ken Genewick 438-4021
Information and Assistance Program,
 Susan Christian 438-4023
Health Insurance Counseling (HIICAP),
 Susan Christian 438-4023
Expanded In-home Service to the Elderly Program (EISEP),
 Tim Sexton 438-4013 or 278-8612
Legal Services,
 Gary Billingsley
Home Delivered Meals,
 Sarah Lilley 438-4031
Congregate Meal Program, Nutrition Education and Counseling,
 Glenda Reardon, RD, CDN 438-4030
Home Energy Assistance Program (HEAP)
 438-4036
Weatherization, Referral and Packaging (WRAP),
 Tom Reilly 438-4036
Caregiver Program,
 Nancy Smegelsky 438-4033
Newsletter Editor,
 Nancy Smegelsky
Medical Van,
 Jennifer Schumacher 438-4038
NY Connects,
 438-3030

Message from the Director

This is a special and humbling message, as it is my first as Director for this great Agency. Since becoming Director on February 28, I have been able to witness first-hand what a great job our staff does in providing vital services to our seniors in order for them to remain independent, active, and safe in their homes and the community.

My few short months in this position have been exciting. Each day brings a new learning, a new challenge, and a greater appreciation for our county's seniors, their history, their stories, and their continued contribution to their communities.

There have been two highlights during this time that I would like to share:

First, with May being "Older Americans Month" I had the distinct pleasure to award two of our seniors with Awards during a County Legislature Meeting. Fern Reed was the recipient of our 2011 Niagara County Senior of the Year, and John Lukasik was the recipient of Niagara County Outstanding Contribution by a Senior. Both Fern and John have, and continue to make, significant contributions to their communities and are well deserving of these awards. In addition to being

recognized by our Office and the County Legislature, they were also honored by the New York State Office for the Aging at a reception in Albany on May 24th. We received over 20 nominations for these awards! Fern, John, and all of our nominees deserve special thanks and recognition for their service to our communities.

Also, as part of "Older Americans Month," I conducted a Town Hall tour, visiting all of our 20 nutrition sites over the months of May and June, where I had wonderful conversations with you about your experiences, feedback, and suggestions about the programs we provide. This feedback is greatly appreciated, and will be used to continuously improve our services for all of our seniors in Niagara County.

I am looking forward to sharing many more messages, continuing my learning and building stronger relationships with all of you. If you have any questions or suggestions, please call our office at 716-438-4020.

In order to be of better service to the community, I have one thing to ask of you. If you have a family member or friend, or if you yourself are in need of assistance, please give us a call to learn more about our Office and all of the services we provide. We are here to serve you and all seniors in Niagara County, and share in your goal of remaining an active, independent, and valued member of our community.

Sincerely,

Ken Genewick
Director



PROTECT YOURSELF

Warm weather means activities and fun under the sun!

Whether you love putting on shorts and feeling the warm outdoors, or finding it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

- * Dress for the Heat. Wear lightweight, light colored clothing. Light colors reflect away some of the sun's energy. It is also a good idea to wear hats or use an umbrella.
- * Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- * Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- * Avoid using salt tablets unless directed to do so by a physician.
- * Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00a.m. and 7:00 a.m.
- * Stay indoors when possible.
- * Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place.

Remember, have fun, but stay cool!

This is a good time to ensure your phone number is registered on the DO NOT CALL REGISTRY. To verify your registration or to register, please call 1-888-382-1222. It is never too late to protect yourself and your information.



Make Someone's Day!

The Home Delivered Meals department is seeking people to assist with delivery of meals to our clients. A small stipend and gas mileage are paid.

We are also here to help with providing nutritious meals. If you are 60 or older and have difficulty getting around please don't hesitate to call us.

If interested in volunteering or receiving meals please contact Sarah Lilley at 438-4031 or Mary Lewis at 438-4032.



Caregiver Corner Is it Time to Move?

Article from Aging Arkansas

The decision about whether your parents should move is often tricky and emotional. Each family will have its own reasons for wanting (or not wanting) to take such a step. One family may decide that a move is right because the parents can no longer manage the home. For another family, the need for skilled nursing care motivates a change - often as a result of an emergency situation. In some cases, a move frees up cash so that the parent can afford a more suitable situation.

Moving In

In the case of long - distance caregivers, the notion of moving can seem like a solution to the problem of not being close enough to help. For some caregivers, bringing a sick or aging parent to their own home or community can be a viable alternative. Some families

decide to have an adult child move back to the parent's home to become the primary caregiver.

Check home care first

Keep in mind that leaving a home, community and familiar medical care can be very disruptive and difficult for the older parent, especially if they are not enthusiastic about the change. You might first want to explore what services are available in your parents' community to help them continue to live in their home. Look into such services as home health care, a housekeeping service, personal care, home delivered meals and transportation services. Check with your parent's friends and doctors, a local social worker, senior centers and local Office for the Aging in the area and on the internet for possible sources of help.

Explore their options

Housing options can be limited by such factors such as illness, ability to perform activities of daily living (for example, eating, bathing, using the toilet, dressing, walking, moving from bed to chair), financial resources and personal preferences. Making a decision that is best for your parent, and making that decision with your parent, can be difficult. Try to learn as much as you can about possible housing options. Older adults, or those with serious illness, can choose to:

- ✱ Stay in their home or move to a smaller one
- ✱ Stay in their home but add home and community-based care services
- ✱ Move to an assisted-living facility
- ✱ Move to a long-term care facility
- ✱ Move in with another family member

Some families find a conference call is good way to talk together about the pros and cons of each option. The goal of this call is to come up with a plan that works for everyone, especially your parent. If the decision involves a move for your mom or dad, even from a distance, you could offer to arrange tours of some places for their consideration.

Experts advise families to think carefully before moving an aging adult into an adult child's home. Is there space in your home? Is someone around to help the older person during the whole day? What are your parents able to do for themselves? What personal care are you willing and able to provide: moving your parent from a chair to a bed or toilet, changing adult diapers, using a feeding tube, for example? What kinds of home care services are available in your community? What kind of specialized care is available nearby?

Niagara County Senior of the Year



From left to right: : Ken Genewick, Director, OFA; John Lukasik, Outstanding Contribution by a Senior ; Fern Reed , Senior of the Year and Peter Smolinski, Legislator.



Did You Know?

The winter of 1932 was so cold that Niagara Falls froze completely solid



No Word in the English language rhymes with month, orange, silver or purple

The words 'racecar', 'kayak' and 'level' are the same whether they are read left to right or right to left

A cat has 32 muscles in each ear



A goldfish has a memory span of three seconds



A snail can sleep for three years



February 1865 is the only month in recorded history not to have a full moon

EPIC Changes

As many of you know, the New York State budget was passed and contained several changes to EPIC law. Please see the information below to help you understand these changes.

Key Points on 2011-2012 Passed NYS Budget

✓ Beginning July 1, 2011

EPIC will expand Part D premium assistance from the current annual income levels of \$20,000 if single and \$26,000 if married to \$23,000 if single and \$29,000 if married.

The EPIC deductible credit (currently \$464) will be eliminated.

✓ Beginning January 1, 2012

EPIC will be free, having no fees or deductibles and will pay Part D premiums for members with incomes up to \$23,000 if single and \$29,000 if married.

All seniors must be enrolled in a Medicare Part D plan in order to maintain EPIC coverage.

EPIC will provide secondary coverage for prescription medications when an enrollee reaches the Medicare Part D coverage gap (donut hole).

Frequently Asked Questions (FAQ)

Q1. Is Epic being eliminated? Will there still be a fee and deductible Plan? How will EPIC work?

No, EPIC is not being eliminated. It will continue as a State-sponsored supplemental pharmaceutical insurance coverage for income eligible NYS residents age 65 or older.

Effective January 1, 2012, EPIC will provide only **one** free plan with no fees or deductibles. You will be responsible for your Part D deductible (if you have one), and Part D copayments until you reach the Medicare coverage gap (donut hole). If you reach the coverage gap, EPIC will provide supplemental coverage to lower your out-of-pocket expense, as it does now.

Q2. Will EPIC eligibility requirements change?

Eligibility requirements will remain the same through December 31, 2011. Beginning on January 1, 2012, **all** seniors must be enrolled in a Part D plan, **without exceptions**, in order to maintain EPIC coverage.

Q3. What will the EPIC copayments be effective January 1, 2012?

EPIC copayment assistance on prescriptions during the coverage gap

If your Prescription cost are:	You Pay Only
Up to \$15.00	\$3.00
\$15.01 to \$35.00	\$7.00
\$35.01 to \$55.00	\$15.00
\$55.01 and over	\$20.00

Q4. How do I find out about the changes to EPIC?

All EPIC members will be notified of the changes and how they will be affected by letter.

Q5. I am enrolled in the EPIC deductible plan. How will EPIC coverage change?

Beginning July 1, 2011, if you are single with income between \$20,001 and \$23,000 or married with income between \$26,001 and \$29,000, EPIC will pay your part D premiums up to \$38.69 per month for you. Your deductible credit (currently \$464) will be eliminated. Even if you have already met your deductible, an additional \$464 will need to be met out-of-pocket before you see assistance again from EPIC for this year until 12/31/2011. Beginning January 1, 2012, EPIC will provide coverage for covered Part D medications when you reach the coverage gap (donut hole), subject to the copayments indicated in question 3.

Q6. I am enrolled in the EPIC deductible plan. If I already met a portion or all my deductible, how will the elimination of the deductible credit affect me?

Your deductible will be raised back to its original level, prior to the deductible credit being applied. Any claims paid to date that already were credited to your deductible will not be impacted.

Q7. I am enrolled in the EPIC deductible plan. If I haven't met any portion of my deductible, how will the elimination of the deductible credit affect me?

Your deductible will be raised back to its original level prior to the deductible credit being applied.

Q8. I heard that EPIC will stop paying my Part D premiums, is that true?

No. EPIC will continue to pay Part D premiums for its Fee Plan members. Beginning July 1, 2011 EPIC will expand Part D premium assistance from the current annual income levels of \$20,000 if single and \$26,000 if married to \$23,000 if single and \$29,000 if married.

Q9. Will I have to pay EPIC fees?

You will still have to pay your quarterly EPIC fees up to December 31, 2011. As of January 1, 2012 fees will be eliminated and the program will be free.

Q10. Will I still need to have Medicare Part D? What if I drop my Medicare Part D coverage?

If you cancel your Medicare Part D coverage, you could lose your EPIC coverage. As of January 1, 2012 you **must** have Part D in order to receive EPIC benefits.

Q11. I'm in a Medicare Advantage/MA (HMO) plan and I was told that I don't need Part D. Does this change affect me?

Yes, all EPIC seniors **must** have Medicare prescription coverage as of January 1, 2012, you should contact your Medicare Advantage plan and discuss adding drug coverage.

Q12. What drugs will be covered under the new EPIC plan?

EPIC will only cover drugs that are covered by your Medicare Part D plan after you reach the coverage gap (donut hole). However, until 2013 EPIC will also cover the Medicare Part D excluded drugs.

EPIC will also cover the Medicare Part D excluded drugs such as benzodiazepines while you are in the coverage gap.

Q13. Will I still be able to get an emergency supply of any prescription that requires a Prior Authorization under my Medicare Part D plan?

No. After January 1, 2012 EPIC will only pay for Part D covered drugs while you are in a coverage gap. EPIC will no longer provide an interim supply of the drug while the physician requests authorization from the plan to cover the drug.

All the above information was provided by the NYS EPIC to the Office for the Aging. If you have additional questions or need clarification on how these EPIC changes will impact you, you may call EPIC at 1-800-332-3742.



Tips for Making Fruits and Vegetables Part of Your Weight Management Plan

Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Canned or frozen fruits and vegetables are good options when fresh produce is not available.

However, be careful to choose those without added sugar, syrup, cream

sauces, or other ingredients that will add calories.

Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit.

It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.

Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.

A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.

From CDC web site: www.cdc.gov/healthyweight/healthy_eating



Cucumber Yogurt Dip

Makes 6 servings

2 Large Cucumbers (one grated and the other sliced to use with dip)

2 cups plain yogurt

1/2cup non-fat sour cream

1 T. lemon juice

1T. Fresh dill

1 clove garlic, chopped

1 cup cherry tomatoes

1 cup broccoli flowerettes

1 cup carrots

Peel and grate one of the cucumbers.

Mix cucumber, yogurt, sour cream, lemon juice, dill and garlic in serving bowl. Chill for one hour. Arrange the vegetables on a colorful platter. Serve with dip.

Calories per serving : 100

Total Fat: 1.5 GM

Sodium: 120 mg protein: 6 gm



Looking for Ways to Be More Active?

The Office for the Aging offers free exercise programs at nutrition sites- Club 99 and "Struttin' Seniors."

Club 99

13 nutrition lunch sites currently provide a leader to teach the Club 99 resistance band program to seniors age 60 and older. Pledge to live to age 99. We can help. With Club 99, you can change the way you look and feel. Get stronger and live longer. Resistance exercise is so important for the senior population. By building more muscle and maintaining your current muscle mass you prevent falls, injuries and broken bones. When you exercise, your body is more flexible and does not get stiff. "If you don't use it, you lose it." Having more muscle mass also helps maintain your bone integrity, helping fight against bone loss. Keeping active relieves aches and pains caused by inactivity or arthritis. Exercise is good for your mind and body; it gives you more energy. Seniors exercise before the lunch program on certain days. Club 99 locations are available in: North Tonawanda, Wheatfield, Niagara Falls, LaSalle, Lewiston, Barker, and Lockport. Wilson Seniors will be starting Club 99 at the Wilson Fire Hall on June 21st. They meet on the 1st and third Tuesday of the month.

The only expense to you is the \$2.00 for the resistance band.

Struttin' Seniors

Four sites have started a walking program with incentives given by Cornell Cooperative Extension. Step pedometers have been donated by the Niagara County Health Department. These are the Lewiston Senior Center on Lower River Road; Summit View Place on Williams Road, Niagara Falls; the John Duke on Hyde Park Blvd., Niagara Falls; and the LaSalle Senior Center on Colvin Blvd., Niagara Falls.

To find out more about Club 99 or Struttin' Seniors call Glenda at 438-4030.

Common Scams

Here are the top two current scams affecting our friends, families and neighbors.

1. **FAKE CHECKS.** You receive a check stating you won a sweepstakes or someone is paying you for your good deeds. With the check there will be instructions on how to deposit the check with a request to wire a portion of it to another party to pay fees or taxes. If you deposit or cash a fake check at your bank it will bounce and your bank will require you to settle it. ***Check with the institution whose name appears on the check, verifying its authenticity or ask your bank to verify the authenticity of the check.***
2. **GRANDPARENT SCAM.** You receive a phone call from a family member, who suggests they are a grandchild needing help. ***Ask the caller their name, and number to return their call. Call other relative's to verify the grandchild is traveling or call home phone.***