

News from Chemung County
Department of Aging and Long Term Care
January / February 2017
737-5520 8:30 a.m. to 4:30 p.m.

OLDER AMERICANS MONTH CELEBRATION AND APPLICATIONS

The Department of Aging and Long Term Care honors older Americans and the organizations that serve them every May at our Older Americans Month Celebration. This year's celebration is scheduled for Monday, May 1, at 2:00 p.m. Applications for the Age-Friendly Business and Organization Designation are due March 1, and are available at www.agefriendlychemungcounty.wordpress.com or by emailing pbrown@co.chemung.ny.us. Applications for Senior Citizen of the Year Awards are due March 15, and will be available at www.chemungcounty.com or by calling the Department of Aging and Long Term Care at 737-5520. Please contact us for an application form if you know a special volunteer who is 60 years of age or older!



LET'S DO LUNCH



Did you know that social isolation and loneliness is a growing problem, affecting millions of older Americans? One in five adults over age 50 is affected by isolation, a problem that has been associated with higher rates of chronic disease, depression, dementia and death. Our “**Eat Well Live Well**” program provides nutritious and delicious lunches in an enjoyable social setting at 8 locations throughout Chemung County. There is no cost to people age 60 and over. A donation of \$3 per meal is suggested to help maintain services, but no one is denied a meal for inability to pay. Guests under 60 may participate by paying the full cost of the meal, \$4.82. Reservations are required – please call 737-5520 at least one day in advance to sign up. This program is available at the following locations:

- **Big Flats Community Center:** Monday, Wednesday & Thursday at 11:30
- **Bragg Towers** (115 Dewitt Ave, Elmira): Monday – Friday at 11:30
- **St. Matthew's Episcopal Church** (408 S. Main St., Hhds): Wednesday & Friday at 11:30
- **Flannery Apartments** (300 S. Main St., Elmira): Monday – Friday at 11:30
- **Park Terrace** (1281 Pennsylvania Ave, Pine City): Monday – Friday at 11:30
- **Retirement Estates** (34 Retirement Dr., Horseheads): 3rd Tuesday of the month at 11:30
- **Riverside Methodist Church** (559 Spaulding St., Elmira): Wednesday at 11:30
- **Villa Serene** (399 E. 14th St, Elmira Heights): Monday – Friday at 11:00

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. The presenter for January 12th will be RN Case Manager Karen Mott, who will provide an overview of **Consumer Directed Assistance**, a program that allows eligible consumers to be in charge of their own homecare. The topic for February 9th will be **Planning Your Funeral: What You and Your Loved Ones Need to Know**. For more information or to register, please call us at 737-5520.



HELP WITH HEATING COSTS

It's not too late to apply for HEAP, the federally funded Home Energy Assistance Program that assists eligible households in meeting their heat-related energy costs.

To be eligible, monthly household income (after Medicare Part B and D premiums have been deducted) must be at or below \$2,300 for one person and \$3,007 for two people.

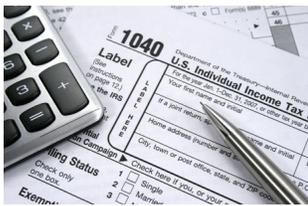
Applications are available online at www.mybenefits.ny.gov or by going to Catholic Charities Samaritan Center, located at 380 South Main St., Elmira (734-4898). If you have been receiving SNAP benefits since before September 17th of this year, you do **not** need to apply, because your HEAP benefit will be issued automatically. If you aren't sure, call 737-5368 to see if you need to apply. Emergency HEAP begins January 3rd, 2017. For more information about HEAP call 734-4898, or if you receive SNAP benefits call 737-5368.

FAMILY CAREGIVER EDUCATOR PROGRAM

We are enhancing our caregiver supports and services by establishing a new program that utilizes trained community volunteer educators who will offer in-home training in caregiver skills and fall prevention strategies to family caregivers. Volunteers must be at least 21 years of age, pass a background check and complete the required training program. For more information on this new and innovative program, please call Laurie at 737-5520.



AARP TAX PREPARATION



AARP Tax-Aide provides free E-File tax preparation services to those with low to moderate income of all ages, with special emphasis on those age 60 and over. To schedule an appointment, call 607-542-9303 and leave a message with your name, phone number and the best time to call. Assistance provided includes: Federal, New York State and Pennsylvania income tax returns; self-employment if you have the required records; and rental income if you have a K1 form. Thank you to the trained AARP volunteers who provide this service!

MEDICARE 101 PRESENTATION

Confused by Medicare? We have the answers!

Certified health insurance (HIICAP) counselors from the Chemung County Department of Aging will present Medicare 101 to employers, organizations, groups or clubs in Chemung County. This presentation includes Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. If you are nearing retirement age, or if you have caregiving responsibilities or aging parents, this presentation may be of great value to you.

Contact us at 737-5520 to schedule a presentation for your group, or join us for Medicare Mondays at the Chemung County Department of Aging at 2:30 p.m. on March 20th, April 17th or May 15th.



The Chemung County Department of Aging and Long Term Care is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant donations.