



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

GET SMART!

HOW TO PROTECT YOURSELF FROM SCAMS, IDENTITY THEFT AND FRAUD

Our 2017 public hearing is scheduled for Wednesday, September 13th, from 8:30 – 12:00 and will focus on this very important topic. Please plan to join us and avoid these devastating and growing threats to your financial well-being! For more information or to register, please call our office at 737-5520.

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. Upcoming presenters are:

- May 11th Sharon Cackett, Respite Outreach & Education Specialist for Lifespan of Greater Rochester and the NYS Caregiver & Respite Coalition – The Importance of Respite Care
- June 8th Department of Aging staff – Caring for Someone Who Wanders & Free Medic Alert Safe Return Unit Registration Event

For more information or to register, please call Department of Aging at 737-5520.

MEDICARE 101

Confused about Medicare? We have the answers! Certified health insurance (HIICAP) counselors from the Department of Aging will present Medicare 101 to employers, organizations, groups or clubs in Chemung County. Contact us at 737-5520 to schedule a presentation for your group, or join us for Medicare Mondays at the Department of Aging at 2:30 p.m. on May 15th, June 19th or July 17th.

FREE MEDIC ALERT SAFE RETURN UNITS

Six out of ten individuals with dementia will wander. Medic Alert Safe Return Units are bracelets that provide vital information about your loved one to help ensure a safe return in case they wander. Ninety-nine percent of people enrolled in Safe Return are returned quickly and safely, compared to only 50% returned safely when they do not have a Safe Return unit. Special events where you can learn more about Safe Return Units:

- Arnot Health Community Expo at Arnot Ogden Medical Center on Monday, May 15th, 2017
- Caregiver Discussion Group at Department of Aging on Thursday, June 8th, 2017 from 2:00 to 4:00 PM
- EOP Juneteenth Festival on Saturday, June 17th, 2017



If you have any questions or are interested in a no-cost unit, please contact Laurie Hansen at 737-5527 or Stephanie Beard at 873-1502

CONGRATULATIONS TO SENIOR CITIZENS OF THE YEAR AND AGE-FRIENDLY BUSINESSES AND ORGANIZATIONS

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. Congratulations to Senior Citizen of the Year Award winners Marlene Carpentier and Charles H. Grund, and to nominees Ira Heyward Sr., Teresa Koellner, Faith Mofte, Karen Navaie, Charlotte Pickelhaupt, Arthur Smith and Joan Van Galder.

Congratulations to the following businesses and organizations that have been designated Age-Friendly: Appleridge Senior Living, Caregivers, Center for Disability Rights, Chemung County Library District, Cornell Cooperative Extension of Chemung County, C TRAN, Elmira Chapter 276 AARP New York, Family Home Care Services, First Presbyterian Church of Elmira, Meals on Wheels of Chemung County, New Beginnings United Methodist Church and Wallin Insurance Agency.

For more information about the Age-Friendly Chemung County Business and Organization Designation, please go to www.AgeFriendlyChemungcounty.wordpress.com, email pbrown@co.chemung.ny.us or call 737-5520.

MEDICARE BENEFITS TO HELP YOU STAY HEALTHY

- Medicare now covers an annual wellness exam and personalized prevention plan, as well as many prevention services, at no charge.
- Prevention services you may be eligible for include flu, pneumococcal and Hepatitis B shots; heart disease and diabetes screenings; cervical, colon and prostate cancer screenings; depression screenings; obesity counseling; tobacco cessation counseling; bone mass measurements; mammograms and Advanced Care Planning.
- Medicare Part D provides coverage for prescription drugs.
- Talk to your doctor about developing a prevention plan just for you, based on your current health and risk factors.

BENEFITS TO HELP YOU PAY FOR MEDICARE

- If your gross monthly income is below \$1,377 (\$1,847 if married), you may be eligible for help paying for your Medicare Part B premium, Medicare prescription drug costs and more. Your income may be higher if you pay health insurance premiums or if some of your income is from wages.
- If your monthly income is below \$1,528 (\$2,050 if married) and your assets are no more than \$13,820 (\$27,600 if married), you may be eligible for help paying for your Medicare prescription drug costs. Your income may be higher if some of your income is from wages, or if you have additional family members in your household.
- If you are over age 65 and your annual income is below \$75,000 (\$100,000 if married), you may be eligible for EPIC, which helps pay Medicare prescription drug costs.

For more information or help applying for these programs, contact the Chemung County Department of Aging at 737-5520.

*The Chemung County Department of Aging and Long Term Care is funded by
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