



# Senior Services

*of Albany*

Offering Choice, Independence  
and Dignity

## ***GENERATIONS***

### **AGENCY NEWSLETTER**

*Edition 2, 2017*



# Who We Are

The mission of Senior Services of Albany (SSA) & Cohoes Multi-Service Senior Center (CMSSC) is to foster independence and enhance the quality of life of older adults by providing innovative services and caregiver support. We offer choice, independence and dignity and work to help our elders age in place wherever they wish to reside.

## SSA & CMSSC provides:

- **Senior Center Enrichment** programs and activities including recreation, socialization, and educational opportunities
- **Nutrition sites** provide a hot, nutritious lunch and weekly dinners often augmented with entertainment at Westview, South Mall Towers, Hilltown Senior Center, Cohoes Multi-Service Senior Center, and Watervliet Senior Center.
- **Transportation services** including medical rides, lift-equipped wheelchair vans, senior center-to-home shuttle, and vans available to take senior groups on recreational trips and rides for grocery shopping purposes.
- **Cohoes and Newgate Social Adult Day Programs** provide supervision, socialization and stimulation to the physically and mentally frail senior and respite to the overwhelmed caregiver.
- **Meals on Wheels Service** provides a delicious homemade hot meal to over 800 seniors each day. Many also get a cold “lunch type meal” for later in the day. This service makes a huge difference for some of our most frail elderly neighbors. All our meals are made from scratch and provide each senior with 1/3 to 2/3 of the daily recommended nutritional requirements.
- **Health and Wellness programs** provide education and strategies for maintaining optimum health. We offer a variety of programs including evidence-based seminars on fall prevention, aging well, and more.
- **Community Care Management** provides hands-on assistance to isolated elderly individuals living in the City of Albany in need of assistance with life transitions or care coordination to improve quality of life.
- **The Caregiver Connection** provides educational opportunities and intensive personalized counseling to caregivers at home or in the workplace, as well as conducting telephone support groups for adult children and spousal caregivers of the elderly across the Capital Region.



Programs are funded in part by the Albany County Department for Aging, New York State Office for the Aging, the Albany Housing Authority and the City of Albany.

*Helping Seniors Stay Independent Since 1952*

## *From the Executive Director's Desk*

Martin Luther King Jr. wrote, "Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness."

Within these pages you will read about people in our very own community who walk in the light of altruism. The recipients of the 21st Annual Third Age Achievement Awards have given so much to so many. M&T Bank has once again stepped up and offered a challenge grant to help raise funds for local seniors to use SSA transportation for personal and recreational needs. And all of the amazing organizers and runners who participated in the 2017 Mastodon Race, which raised thousands for the Cohoes Senior Center, have made a meaningful difference in the lives of many seniors in our community. To each of you who give back to your community in some way, I wish you an extra dose of positive karma and many warm and happy summer days ahead.



**Monika Boeckmann**  
*Executive Director of Senior Services of Albany  
& Cohoes Multi-Service Senior Center*

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## *5 Ways to Reduce Your Risk of Falling*

Slips and falls happen to all of us. Hopefully, we're able to get back up with little more than a bruise or a scratch. But as we get older, falls can have much more serious consequences. For older adults, falls are one of the leading causes of hospitalization, serious injury, and even death.

Older adults should be empowered to live as independently as possible, in their own homes, with the right support. One important way to keep that independence as long as possible is to learn how to prevent falls in the home.

Cheryl Parris, RN CCM, Director, Clinical Services for Fidelis Care's Managed Long Term Care programs, has nearly 30 years of experience helping people prevent falls, both as a registered nurse and coordinator of in-home health care. Here are five tips she shares with Fidelis Care members on how they can help prevent falls and live safely at home:



**Clear all pathways.** Inside the home, remove clutter from hallways and rooms to help reduce the risk of tripping on something. If you need to walk over rugs, fix them to the floor. Outside the home, make sure walkways are cleared of snow and ice in inclement weather.

**Install good lighting.** Make sure proper lighting is installed in your home, especially if you live with sight problems. If possible, put lighting on a timer to automatically turn on at a certain point in the evening so your pathways are well-lit.

**Wear clothes and shoes that fit well.** Clothing shouldn't drag on the floor or make it hard to walk. "Your shoes should fit right and properly support your feet, especially if you have trouble walking, or live with conditions that affect your feet, such as diabetes," Cheryl says.

**Manage your medications.** The medications you take might impact your risk of falling, especially if you take multiple medications. "Some people who take multiple medications run the risk of falling if they sit up or stand too quickly," Cheryl says. "When you get up in the morning, sit up slowly in bed, then dangle your feet over the side. Touch your feet to the ground for five to 10 seconds. Then, rise slowly from a sitting to standing position. This helps to better regulate your blood pressure and prevent fainting or falling."

**Use medical equipment properly.** Many older adults need "durable medical equipment," such as canes, walkers, or wheelchairs to help them move around at home. "Your health care provider can provide guidance on the proper use of this equipment, such as how to use canes on uneven surfaces, or how to use walkers to assist with standing," Cheryl says.

*Help Us Meet the Challenge!*

Senior  
Services  
of Albany

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# ***The M&T Challenge***

Every week Senior Services of Albany receives a call from a Capital Region senior looking for help with personal transportation! Often they want to visit a friend or loved one in the hospital or nursing home but have no way to get there.

Unfortunately, subsidized transportation is limited to medical appointments only, and personal and recreational transportation is often too costly and therefore out of their reach.

In 2016, thanks to the generosity of M&T Bank and numerous supporters of Senior Services of Albany, we were able to provide more than 130 personal rides for local seniors. Peter, a 72 year old who lives in Albany, was able to visit his best friend in the hospital half a dozen times last year because of this fund!

**Help Us**

**MEET THE CHALLENGE**

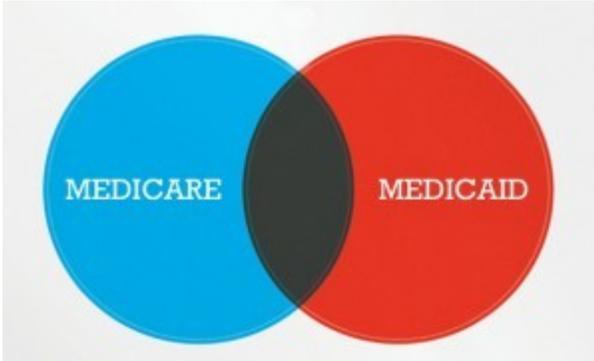
This year, M&T Bank has AGAIN presented us with this CHALLENGE! For every dollar raised with this appeal, M&T Bank will match up to a total of \$2,000! Our goal is to raise \$6,000 for this fund, which would help us provide over 150 rides for local seniors, so that in 2017 our elderly neighbors are able to visit loved ones in the hospital or nursing home, as well as taking advantage of personal and recreational trips that most of us take for granted, including transportation to picnics, shopping, theater, and more!

**PLEASE DONATE TODAY**

32 Essex Street, Albany, NY 12206  
[www.seniorservicesofalbany.com](http://www.seniorservicesofalbany.com)

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## ***5 Great Things to Know About Dual Eligible (Medicare and Medicaid) Health Coverage***



A person who is “dual eligible” qualifies for both Medicare and Medicaid coverage. Dual eligible health insurance coverage allows your health care expenses to be covered seamlessly between Medicare and Medicaid with no gaps in coverage, and with one point of contact — all for little to no out-of-pocket cost.

People over the age of 65 who meet Medicaid income and enrollment requirements can especially benefit from this type of coverage. It’s also available year-round, so there is no need to wait.

However, many people who qualify might not be taking advantage of the opportunity because of fear about seeing a doctor.

“I work hard to allay some of those fears, and encourage my patients with compassion and respect, so I can help them get the medical care that they need,” said Colleen O’Connor, RN, Nurse Case Manager at Fidelis Care.

Here are the dual eligible health benefits our Fidelis Care Nurse Case Managers want more people to know about:

### **We will make sure you get to the doctor.**

If you are unable to get to the doctor on your own, your dual eligible benefits allow us to arrange for transportation to and from your doctor appointments at no additional charge to you.

### **We connect you with community services.**

From medical supplies, to home health aides, to adequate access to food and housing — your dual eligible benefits allow us to help you find community services that help you live more independently while taking care of your health.

### **You’ll get help managing your health.**

Dual eligible benefits ensure you have the support you need to manage any chronic illnesses, including access to equipment and services that can help you stay safely in your home.

### **You’ll get help understanding medications.**

With dual eligible coverage, your Nurse Case Manager can explain your medications to you, help you with dosages, talk to you about side effects, and check in regularly to make sure your medications are working for you.

### **You always have a personal health advocate.**

As a dual eligible member, your Fidelis Care personal Nurse Case Manager can speak with your health care providers to ensure you are receiving the most coordinated care possible for your needs. They can also offer you help and advice with your day-to-day health concerns.

“I love to offer encouragement and let my patients know they have the power to help their health along,” said Amanda Wagner, RN, Case Manager.

If you or someone you know might be interested in learning more about dual eligible coverage, talk with one of our licensed Medicare Sales Representatives. They are able to meet with you in the comfort of your home to answer all your questions, and help you find out if you qualify. Call us at 1-800-860-8707 (TTY: 1-800-695-8544) to speak with a Representative over the phone, or arrange an in-person meeting.

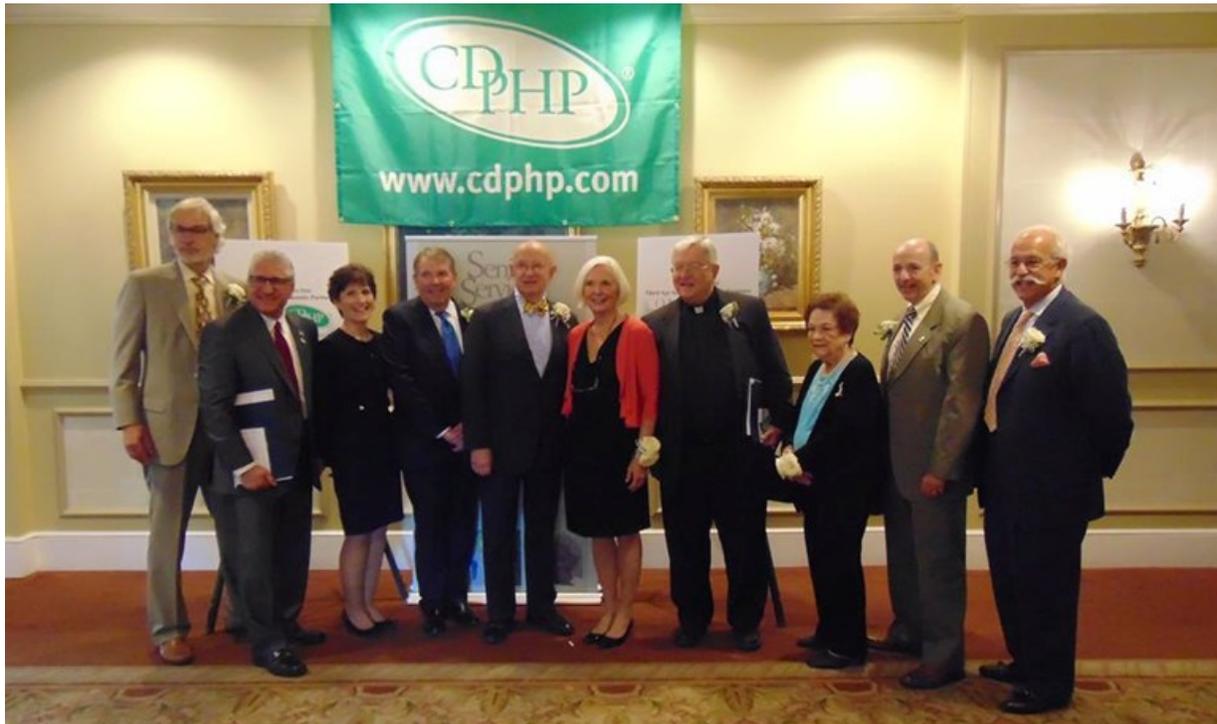
## *What's Happening at SSA*

A huge congrats to the South Mall Towers Aging Mastery Program (AMP) graduates!! The AMP Program consists of ten weekly sessions per location, and each class incorporates evidence-based information, expert speakers, group discussion and peer support, as well as small incentive rewards. This program aims to empower older adults to make and maintain small but impactful changes in their daily life, giving them the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively to society.



On May 19th, Senior Services of Albany celebrated the 21st Annual Third Age Achievement Awards with more than 270 guests at Wolferts Roost Country Club. The Third Age Achievement Awards are designed to pay tribute to members of the Capital Region who have made significant contributions to our communities in their “third age”. The award seeks to dispel the myth that getting older always means slowing down, and highlights the activities, achievements and creativity of individuals over the age of 60.

**2017 Third Age Award recipients (from left to right): Michael C. Hoffman, Senator Jim Tedisco, Virginia L. Golden, Tom Tyrrell, Michael Whiteman, Esq., Benna Eldridge, Reverend Kenneth J. Doyle, Barbara J. McDonald, Vince Colunno, LeGrande Serras**



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## *What's Happening at SSA*



"Newgate Air" took to the skies with Day Program Manager, Nashema Scott, as pilot. Guests get First Class service every day at Newgate.



Clowning around at Newgate as part of Red Nose Day, May 2017.



"Hat's off" to our Newgate Day Program — it is a crowning glory at SSA. (And we treat our guests like royalty...)



Everyone's Irish on St. Patrick's Day. Newgate guests show off their "wearing of the green" to celebrate the March holiday.

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## *What's Happening at SSA*



The "Mahalo" spirit was in the air as Newgate Day Program guests and their caregivers enjoyed the 2nd Annual Luau Party. The Bethany Reformed Church basement was transformed into a Hawaiian Paradise, complete with palm trees, tropical fish, exotic birds, island music and lots of delicious luau fare. Hula skirts, Hawaiian shirts, and colorful flower leis were the fashion of the day!

## **19th Annual Travers Wine Tasting**

# save the date

## Friday Travers Eve , August 25th



Saddle up for the  
Senior Services of Albany  
**19th Annual Travers  
Wine Tasting** event at  
Saratoga Springs City  
Center in downtown  
Saratoga Springs, New York

## *What's Happening in Cohoes*

### **3<sup>rd</sup> Annual Variety Show Benefit**



**Do you like to sing? Do you like to dance?  
Do you like to perform?**

Come and be a part of the 3<sup>rd</sup> annual variety show benefitting the Cohoes Senior Center! If you are interested in singing, dancing, performing a comedy sketch or any other act, please fill out an information sheet obtained at the Senior Center front desk

Sign up now to be part of the program  
Dinner and show Friday, August 4th - 5:00 PM  
Tickets \$10.00 On sale July 10th

*Proceeds benefit the Cohoes Senior Center's  
essential programs and services!*

## *How You Can Help*

### **Events to attend**

Attend our events (a great way to have fun and support Senior Services of Albany):

***21<sup>st</sup> Annual Third Age Achievement Awards – May 19, 2017***

***19<sup>th</sup> Annual Travers Wine Tasting – August 25, 2017***

***26<sup>th</sup> Annual Capital Region Senior Expo – October 20, 2017***

Call Liz at 465-3322 for details.

### **Volunteer Opportunities**

Senior Services of Albany could never meet the needs of our elderly neighbors without the help of our amazing volunteers. We need you! Regardless of how much or little time you have to give, regardless of where your interests and talents lie, we have a spot for you. Come and deliver meals; become a health information and insurance counselor; do arts and crafts or other activities with the guests at one of our Adult Day programs; or provide administrative help in the office. Call Krista at 518-694-3511 or visit our website at [www.seniorservicesofalbany](http://www.seniorservicesofalbany) for more information.

### **View our Wish List**

We always need something. Please visit our website at [www.seniorservicesofalbany](http://www.seniorservicesofalbany) and view the *Wish List* under *About SSA*. You can also call Liz at 465-3322 for more information.

### **Making a Monetary Donation**

Monetary donations are always appreciated and are essential to our ability to be able to continue our work. Give a one-time gift or make a monthly donation. Consider adding Senior Services of Albany in your will and leaving a legacy gift behind for your neighbors and friends in need. Call Liz Hutson at 465-3322 for more information.

### **Sponsorships for Businesses**

Find out how partnering with Senior Services of Albany can help your organization and the seniors in your community. We have a sponsorship opportunity for all budgets.

### **3rd Party Event**

Have a party, plan a bowl-a-thon, start a challenge... Host a fundraiser and donate the proceeds to Senior Services of Albany.

*If you would no longer like to receive this publication, please call 518-465-3322 x33*