



Summer 2021 Newsletter

June, July, August



Irene Coveny, Director
Office for the Aging

A Message From the Director

Getting Back to Normal

It has been over a year since COVID-19 first hit New York State and what a year it has been! I want to thank our staff and volunteers that helped get us through this year. We could not have done it without the dedication and their “roll with the punches” attitude. We had to change the way we provided services quickly and they rose to the occasion! We served more home delivered meals than we ever did before, we helped people get groceries, masks and even toilet paper when we had all the shortages.

Now, we are helping people get vaccinated. Over the past several months we have assisted over 2,000 older adults register for the COVID -19 vaccine and for some we have also arranged transportation to the clinic. Now that the vaccine is more available, we have turned our attention to helping those who are homebound. We have collaborated with our Public Health Department and we are able to arrange for a nurse to make a home visit to administer the vaccine. Please join me in thanking our Public Health Department staff - they are truly heroes! If you or someone you know still needs help with getting the vaccine please call us.

I am happy to say that life is starting to become a bit more normal. The Office for the Aging is starting to reopen our Community Dining Program (congregate sites); we are resuming home visits and seeing people in our offices. However, we still urge you to call ahead to make an appointment if you need help. If you need help don't hesitate to call us. We also have some new and exciting programs I want to share with you.

Mobility Management

OFA is now offering Mobility Management through Ontario NY Connects for residents of all ages. A Mobility Manager provides individualized one to one assistance linking people with transportation options that are right for them. The Mobility Manager also assists residents with filing applications and determining if they are eligible for subsidies. Call NY Connects at 585-396-4047 to speak to the Mobility Specialist.

This service is provided through an FTA Section 5310 Grant to Lifespan of Greater Rochester in partnership with the Ontario County Office for the Aging.

A One Click program is also being developed. This is web-based program that enables the mobility manager and the general public to obtain updated mobility options for individual trip requests. This platform would be maintained, updated and used by the mobility manager of the county.

GoGo Grandparent

OFA will be offering a small scale “brokerage” program using ride hailing services such as UBER and LYFT through a contract with GoGo Grandparent. The Office for the Aging can subsidize rides for people age 60 or older who have no other means of transportation. GoGo Grandparent provides access to ride hailing services without a smartphone. Drivers will come right to your house and bring you to the door of your location. Although anyone can sign up privately for GoGo Grandparent, the Office for the Aging will subsidize rides to medical appointments for those who qualify for our services. The program will start July 1st. If you want more information call our NY Connects Program to talk to our Mobility Specialist at 585-396-4047.

Irene Coveny
Director



**ONTARIO COUNTY HIICAP
INTAKE LINE
(585) 396-4521**

I Am Eligible for Medicare; Where do I Start?

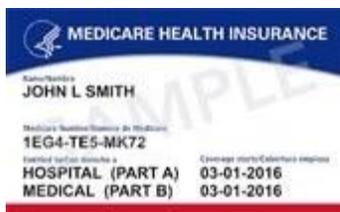
Ontario County HIICAP (Health Insurance Information, Counseling, and Assistance Program) has an intake line, 585-396-4521, staffed Monday - Friday from 8:30am - 5:00pm to help you navigate the complex world of Medicare. Before you get into all of the details, it's important to understand some basic information about Medicare and how it can help cover the costs of your health care. It may be different than you think!

The Ontario County Office for the Aging Medicare 101 Seminars are a wonderful place to begin. Details and dates of when upcoming seminars are held can be found on the following page.

In spite of what you may have heard, everyone's situation prior to enrolling in Medicare may not be identical. Unless you are already collecting your Social Security benefit, enrollment is not automatic, and even if your Medicare card is generated automatically,

you must still decide whether or not to remain enrolled, if you are still working and covered by group health insurance plan. If you are not collecting your Social Security benefit, then three months prior to your birthday month, you should contact Social Security either by phone or on-line and begin the enrollment process for Medicare.

The following are some of the more commonly asked questions we hear from soon to be Medicare beneficiaries beginning the enrollment process.



Why do I contact Social Security to enroll in Medicare?

Should I get Part B?

Most people should enroll in Part A when they turn 65, but certain people may choose to delay enrollment in Part B. The most common scenario here is someone who plans

to continue working and is covered by a large group health plan.

Can I get a health or drug plan?

Most beneficiaries have two options for coverage; Original Medicare or a Medicare Advantage Plan (Part C). To get Medicare drug coverage, you must join a Medicare-approved plan that offers drug coverage (this includes Medicare stand alone drug plans and Medicare Advantage Plans with drug coverage). There are specific times when you can sign up for these plans, or make changes to coverage you already have.

What happens when my employment or employer/union coverage ends?

Once your employment (or your employer/union coverage) ends, 3 things happen:

1. You may be able to get COBRA coverage, which continues your health insurance through the employer's plan and probably at a higher cost to you.
2. You have 8 months to sign up for Medicare Part B without a penalty, whether or not you choose COBRA. If you choose COBRA, don't wait until your COBRA ends to enroll in Part B. If you don't enroll in Part B during the 8 months after the employment ends:
 1. You may have to pay a penalty for as long as you have Part B.
 2. You won't be able to enroll in Part B until January 1 - March 31, and you'll have to wait until July 1 of that year before your coverage begins. This may cause you to have a gap in health care coverage.
3. If you already have COBRA coverage when you enroll in Medicare, your COBRA will probably end. If you become eligible for COBRA coverage after you've already enrolled in Medicare, you must be allowed to take the COBRA coverage. It will always be secondary to Medicare (unless you have end stage renal disease (ESRD)).

What happens if I retire?

If you retire and have Medicare and group health plan (retiree) coverage from a former employer, generally Medicare pays first for your health care bills, and your group health plan coverage pays second.

I'm 65 (or older) and didn't sign up for Medicare Part A and/or B when I was first eligible.

If you didn't sign up for Part A and/or B when you were first eligible and you aren't eligible for a Special Enrollment Period (SEP):

- You can sign up during the General Enrollment Period between January 1 - March 31 each year.
- You must pay premiums for Part A and/or B. Your coverage will start July 1.
- You may have to pay a higher premium for late enrollment in Part A and/or a higher premium for late enrollment in Part B.

I am covered by a Qualified Health Plan or have Expanded Medicaid through the New York State Health Marketplace. Can I keep this plan?

Those enrolled in a Qualified Health Plan (QHP) are expected to enroll in Medicare when first eligible and at that point are no longer eligible to remain in the QHP. These beneficiaries must decide between Original Medicare or a Medicare Advantage plan.

Those who are enrolled in a health plan based on Expanded Medicaid are in a different circumstance. Due to the COVID-19 pandemic, enrollment guidelines have been extended for their Medicaid plan, however, they are still obligated to enroll in Medicare when first eligible and will be notified at a later date when they need to re-apply for Medicaid to determine continuation of their eligibility.

There are definitely no easy questions when determining your need and timeline to enroll in Medicare, and thus no easy answers!!! We encourage all Medicare beneficiaries, and soon to be Medicare beneficiaries to reach out to our New York State certified health insurance counselors at the Ontario County Office for the Aging. We are happy to provide one-on-one personalized guidance either in the office, by phone, or virtually to help you have confidence in the decisions you will ultimately make. Our goal is to assist you to have the no cost effective and comprehensive coverage for your individual situation.

2021 Medicare 101 Workshops

Location:

Safety Training Building
2914 County Road 48, Canandaigua, NY 14424

All sessions are held from 9:30am – 12:00pm

Pre-registration is required: 585-396-4521 or 315-781-1321

- June 25th
- July 30th
- August 27th
- September 24th
- October 29th
- November 19th

All workshops cover the following:

- Medicare A, B, C & D
- How to fill the gaps in Medicare: Medicare Advantage and Medigap plans
- Medicare Prescription Drug Coverage
- EPIC
- Medicare Savings Program
- Extra help with prescription drug coverage
- Transitioning from the NYS Health Exchange to Medicare
- Open question and answer format



My Happy Place

I have always been interested in dreams and relaxation techniques, read about how the brain works for many years now, and tried different mindfulness and meditation techniques. I still practice some on and off, but my commitment varies. I walk more in good weather and meditate more in bad weather. My walking buddy calls me “her fair weather friend,” because she knows not to call if rain or snow is forecast. Work and family obligations limit “me time,” and I often find myself exhausted at the end of the day, too tired to initiate exercise or meditation. Emotional exhaustion is different than the kind of tiredness that follows an activity. You can’t shut off the response in your brain, and the drain continues even after you sit on the couch for a while.

Like many of us, I haven’t gone anywhere in well over a year because of COVID and family caregiving obligations. I lived and worked by the ocean for 12 years, and always think of it as my happy place. I have recorded short videos of ocean waves crashing onto different beaches over the years, and my friends send videos like these when they vacation at the beach. (This is much better than a t-shirt!) Missing the ocean and the old freedoms to travel, I decided to pull up a video of waves crashing, one that lasts 56 seconds. Halfway through I noticed my breathing had slowed down, and my shoulders had relaxed. I started belly breathing. When the video ended, I didn’t want to stop and did a few minutes of meditation, even though I had been too exhausted a few minutes earlier. Then I moved onto my tasks at hand, made dinner and put in a load of laundry. It felt like I had jump started my mind and overcome inertia, initiating relaxation techniques already in my muscle memory.

I have read that visualization techniques work because the mind responds the same way to TV and fantasy as it does to real life situations. People use bio feedback techniques to improve their health, and it’s often more successful with young children, who have vivid imaginations. I have repeated my short cut a few times now, when I’m “too tired to relax,” and achieved the same results: an almost immediate relaxation of my mind and body. A smart phone or a computer works for this. YouTube has videos of nature scenes and sounds, and new age music videos. There are apps just for meditation and relaxation. Meditation feels similar to being lost in a favorite book or movie, when you forget everything else and don’t notice the passing of time.

My father, who is diagnosed with dementia, likes to watch one of the music channels on TV. The songs are short and change often, which keeps his attention. He shares memories that the songs trigger, or sings along quietly with them. So far, all of his responses have been positive to music, and it gives us something to do together and talk about. It seems to be a “happy place” for him, like the ocean is for me.

Cinde Priano
Caregiver Services Program Manager
Ontario County Office for the Aging



Community Dining for Seniors

Congregate Meals are served in community settings such as senior centers, churches or senior housing communities. These meal sites offer an opportunity to meet new or old friends and enjoy a nutritious meal.

Community Dining for Seniors age 60 and older
Please join us at any of the following locations.

Shortsville Fire Hall

5 Sheldon Street, Shortsville, NY
Monday through Thursday at 12:00 noon

United Church of Christ

8758 Main Street, Honeoye, NY
Tuesday and Thursday at 12:15 pm

United Methodist Church

4746 South St, Gorham, NY 14461
Every 2nd, 3rd, 4th Wednesday at 11:30 am

Canandaigua Congregate Meal Site

Salvation Army
110 Saltonstall Street, Canandaigua, NY
Tuesday, Thursday, and Friday at 11:00 am

Geneva Congregate Meal Site

Lyceum Heights
150 Lyceum Street, Geneva, NY 14456
Monday through Friday 11:30 am

Clifton Springs Congregate Meal Site Grab and Go Program

Spa Apartments
11 East Main Street, Clifton Springs, NY
Monday through Friday 3:30 pm

Reservations are required 24 hours in advance. Call 585-919-2773. Suggested contribution is \$3.00 per meal. COVID safety protocol enforced for a safe dining experience.

Farmers Market Coupons for Seniors

The Senior Farmers' Market Nutrition Program is designed to provide eligible low-income seniors aged 60 years or older with access to locally grown fruits, vegetables, and cut herbs.



Income Eligibility Guidelines (Effective from July 1, 2021 to June 30, 2022):

Household Size Monthly Income

1	\$1,986.00
2	\$2,686.00

Or, currently receiving or eligible to receive SSI, public assistance, or a Section 8 housing subsidy.

Eligible seniors receive a booklet with \$20.00 worth of Senior Farmers Market Coupon checks. The checks can be used at local participating farmers markets and farm stands.

The program starts July 6, 2021 and checks are distributed on a first come, first serve basis. Ontario County Office for the Aging will have 9 dates for drive-through distribution at 3019 County Complex Drive, Canandaigua, NY. There are 10 other drive-through and walk-in locations located throughout Ontario County for your convenience. Please refer to the schedule for times and dates of distribution sites.

New This Year!

- **Walk-in** locations will be open at our congregate meal sites. Community members aged 60 years and older are also welcome to enjoy a meal. Please make your reservation by calling (585) 919-2773 at least 24 hours in advance.
- Power of Attorneys may sign Statement of Eligibility to accept booklet on your behalf at distribution locations.
- You may designate a Proxy to accept checks on your behalf. You must sign both Proxy form and a Statement of Eligibility to receive the booklet. These forms can be sent to you via email or mail and letter will be available at all distribution locations.
- Coupon booklets can be mailed to those who are homebound. Please note it can take up to three weeks to receive your booklet in the mail.
- There are **NO** walk-in appointments at the Office for the Aging.

To request a Proxy and forms or to have a coupon booklet mailed to you, please call (585) 396-4417



2021 Distribution Sites for Farmer's Market Coupons

Tuesday, July 06, 2021

Office for the Aging (**Drive through**)
3019 County Complex Drive, Canandaigua
12:30 pm - 2:30 pm

Wednesday, July 07, 2021

Lyceum Heights Apartments, Bldg. 2 (**Drive through**)
150 Lyceum Street, Geneva
1:00 pm - 3:00 pm

Thompson Apartments, (**Walk up**)

120 Main Street, Canandaigua
12:30 pm - 2:30 pm

Office for the Aging (**Drive through**)

3019 County Complex Drive, Canandaigua
10:00 am - 12:00 pm

Thursday, July 08, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
11:00 am - 1:30 pm

SPA apartments Congregate Meal site **(Walk up)**
11 E. Main Street, Clifton Springs
2:00 pm - 3:30 pm

Tuesday, July 13, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
10:00 am - 11:30 am

Stella's Florist **(Drive through)**
1880 Rochester Road, Canandaigua
1:00 pm - 2:30 pm

Wednesday, July 14, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
10:00 am - 11:30 am

North Street Apartments **(Drive through)**
260 North Street, Geneva
1:00 pm - 3:00 pm

Shortsville Fire Hall Congregate meal site **(Walk in)**
5 Sheldon Drive, Shortsville
11:00 am - 12:30 pm

Thursday, July 15, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
1:30 pm - 3:00 pm

United Church of Christ Congregate meal site **(Drive through)**
8785 Main St, Honeoye
10:00am - 11:30am

Tuesday, July 20, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
1:00 pm - 2:30 pm

United Methodist Church Congregate meal site **(Walk in)**
4746 South St, Gorham
10:00 am - 11:30 pm

Wednesday, July 21, 2021

Office for the Aging **(Drive through)**
3019 County Complex Drive, Canandaigua
10:00 am - 11:30 am

Elmcrest Manor Congregate meal site **(Walk in)**
99 Lewis St., Geneva
10:00 am - 11:30 am

Thursday, July 22, 2021

Office for the Aging (**Drive through**)
3019 County Complex Drive, Canandaigua
1:30 pm - 3:00pm

Salvation Army Congregate meal site (**Walk in**)
110 Saltonstall St, Canandaigua
10:00 am - 12:00 pm

**Coupons available at the Ontario County Office for the Aging.
Drive through dates only.
No walk-in appointments.**

HEAP Season 2020-2021 Has Been Extended!

HEAP is the Home Energy Assistance Program that provides a one-time payment to the fuel supplier of households who meet eligibility requirements. This year, the program's closing date has been **extended to August 31, 2021** or until the funds are exhausted, whichever occurs first.

Monthly Income Eligibility Guidelines for the 2020-2021 HEAP Season

Household Size	Monthly Income
1	\$2,610
2	\$3,413
3	\$4,216

Emergency HEAP

You are **only eligible for the Emergency HEAP benefit if you received a regular HEAP benefit this HEAP season**. An initial Emergency HEAP benefit was issued on January 2, 2021, followed by a second Emergency HEAP benefit on March 8, 2021. **A third Emergency HEAP benefit is now available if you meet the criteria.**

HEAP Cooling

HEAP Cooling opened on **May 1, 2021!** If you qualify for HEAP and have a health condition that is exacerbated by the heat, you may qualify for an air conditioner through the HEAP cooling program.

Please contact your Ontario County Department of Social Services at (585)396-4060 or (315)789-1769 for further information or visit: <http://otda.ny.gov/programs> or <https://mybenefits.ny.gov>.

Legal Assistance of Western New York Q & A Session

You are invited to join us July 28th at 3:00 PM for a Question & Answer Session with Legal Assistance of Western New York to focus on:

“The Change in Current Power of Attorney Law”

We will also address questions on the types of cases LawNY can help with, how to get a referral, eligibility for services, and in what situations LawNY would refer to a private attorney for assistance.

For registration, please call Office for the Aging in advance at (585)396-4040.





Home-Safe-Home Program

We can provide a general home safety review geared toward fall prevention as well as minor home modifications including installation of grab bars, smoke detectors, handrails for stairs, door grips, handicapped toilet seats, tub transfer benches, bathtub seats. This

service is provided to Ontario County residents age 60 or older through a contract with Lifespan of Greater Rochester.

Call us at 585-396-4047 when you or a family member needs minor home modifications that encourage independent living.

"I think your program is wonderful, and thanks for making it possible to keep people safer in their homes. I had a chance to test out the grips placed in the front doorway. I'm sure it saved me from a fall! It is a great service."

— Home Modification Client



GetSetUp - Learn New Skills From People Like You

Learn how to use Zoom, learn more about your mobile phone, get moving together with a fitness class or take a class on staying positive! Classes are offered around the clock and every class is free.

Class sampling includes:

- Get Started with Zoom for Beginners
- Morning Fitness - Balance & Flexibility
- Heart Healthy Cooking

All classes can be taken from <https://www.getsetup.org/partner/NYSTATE>. Use the coupon code: **NYSTATE** while booking to access your **FREE** classes.

And, there is a friendly learner support team that is here to help you. If you have questions or want help registering for a class, please give us a call at (888)559-1614 or email help@getsetup.io.

I look forward to seeing you in class!



Super Seniors!

The Canandaigua Senior Citizens Club
Meets in the Blue Room
At 40 Wilcox Lane
On the 1st & 3rd Tuesdays of the month at 12pm

All seniors are welcome!



Robotic Companion Pets Available

OFA has a supply of JOY
FOR ALL Companion
Pets which are designed
to bring comfort,
companionship, and fun
to older adults. These
interactive cats and pups
are like the real thing.



Call us at 585-396-4040
if you would like to adopt
one of these pets!

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OFFICE FOR THE AGING
3019 COUNTY COMPLEX DRIVE
CANANDAIGUA, NY 14424

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or current resident

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Would you like to receive this Newsletter either via US Mail or Email?

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Just fill out this form and drop it in the mail to the address listed below or email Karen.Reese@ontariocountyny.gov

**Ontario County Office for the Aging
3019 County Complex Drive
Canandaigua, NY 14424**