

Montgomery County Office for Aging, Inc.

A private, not-for-profit agency



LIFESPAN



Volume XIX No. 1

Serving Montgomery County Older Adults since 1975

January/February 2016

40 Year Success

The Montgomery County Office of Aging celebrated its 40th anniversary with a bang in 2015. Our 40 for 40 fundraising campaign exceeded its \$40,000 goal by netting \$75,000 which will increase the endowment held by the OFA Foundation, allowing the Foundation to benefit the OFA into perpetuity.

Thank you to all of you who participated in our events and who donated generously to help us exceed our goal. Special thanks to all of you who chose to be remembered on our Giving Tree that we dedicated in memory of Helen Black. The tree consisting of bronze, silver, and gold-tone leaves, acorns, and rocks of various sizes, is proudly displayed in our lobby and is a vision of beauty. Stop by and check it out. It's not too late to support the 40 for 40 campaign and to add your name to our Giving Tree. Call OFA at 843-2300 if you are interested.

One of the greatest accomplishments of the 40 for 40 fundraising campaign is the revival of the OFA Foundation. Now vibrant, the Foundation is planning its 2016 Annual Fundraising Campaign called the Mortgage Burning Campaign. The Foundation is looking to raise \$50,000 in 2016 to pay off the mortgage on the OFA Kitchen in Palatine Bridge. This will free up money to make necessary repairs to the kitchen and the building. When we contact you, and we will, please give generously, as you did for the 40 for 40 fundraising campaign, until it feels good!

Foundation members are listed on pg. 2.

Remembering Father Girzone

As many of you may already know, Father Joseph F. Girzone passed away on Nov. 29, 2015. Father Girzone was the founder of Montgomery County Office for Aging, Inc. in 1975. Father Joe believed passionately in our mission and continued to support us for many years after his service to our agency formally ended. In 2000 we made the decision to honor him by establishing the Father Joseph F. Girzone Crystal Pillar of the Community Award. This award continues to be bestowed annually upon a community member who exemplifies Father Joe's vision and community service. He has been a guiding light for our agency and staff and will be missed greatly. Eileen (Lee) Broyles, our former director from 1992 to 2007, worked very closely with Father and has graciously honored his memory in the following tribute letter.

"My dad died in 1975, and it was then that Joe Girzone came into my life. He and my husband worked together. Fr. Girzone would drop off information about Our Lady of Mount Carmel Church in Amsterdam, where he was a pastor. He was always filled with ideas about church and community life. This day, however, these were laid aside when Father Girzone heard of my father's death. He gave me words of comfort and support, and then offered to conduct a special Mass for Dad.

This was the beginning of a 40-year friendship. When plans were

being made to establish an office for support and care of elderly Montgomery County residents, Mount Carmel was named the sponsoring agency. Fr. Joe appointed me to its Advisory Council, and in time I became OFA's executive director. The agency was very dear to him. We spoke often, and his first question was always "So, how's the OFA doing?" I was happy to say, thanks to Fr. Joe's foresight, "Just Fine!"

It was about this time when his series of "Joshua" books began to become known worldwide. He traveled the world, meeting national leaders and regular folks to bring the message of Joshua. He juggled all of these concerns; always writing and talking about and supporting Joshua's message of love, compassion, and peace.

Fr. Joe, for all the years I knew him, was never concerned for himself. He always looked for ways to help those in need regardless of age or circumstance, many times anonymously.

He may be best known as the author of the "Joshua" series, but I will remember him as a priest who cared. My initial reaction to the call about Fr. Joe's death, (like the call about my dad), was, "no, that can't be." I am heartbroken by his death, but will be forever grateful to have known this exceptional man and to have him call me his friend."

SPECIAL CARE FOR SERIOUSLY ILL PEOPLE:



In their own homes



At St. Mary's Hospital



In local nursing homes



Call Today 843-5412

From the Director

David Jordan
Executive Director



Many older adults remain active in their community by volunteering their time and talents to others who can benefit from a little help or companionship. This can be a great way to stay active while helping others in your community. The great thing about volunteering is that you get to choose the area in which you volunteer and participate in something that can be very personal to you. Some people's passion may be pets, children, gardening or (my personal favorite) working with older adults. Whatever the reason, volunteering can fulfill a need in the community while benefitting the volunteer in a profound

Montgomery County Office for Aging, Inc.

The Designated Area Agency on Aging

Staff

Megan DePasquale	Laura Penge-Burda
John DiMezza	Stephen Prohaska
Sharon Heroth	Elizabeth Smitka
Mary Ellen Houlihan	Meeghan Stock
David Jordan	Jason Walrath
Jennifer Moyer	Tim Yager

Board of Directors

* Emeritus

Sheriff Michael Amato*	Dolores Partyka
Peter Capobianco	Vincent Rossi
Joan Conboy	Dorothy Savarese
Ronald Dievendorf	Thomas Sorbero
Mike McCoy	Nancy Vertucci
Ted Madej	Mike Wancewicz
Donald Massey*	Roberta Winsman*
Thomas Mickle*	William Winsman
Robin Moller	Barbara Wool*

Advisory Council

Evelyn Bianchi	Carl Marucci
Phoebe Boschi	Lisa Mirabile
Joan Cimino	Carmen Nieves
Sandra DiGiandomenico	Elizabeth Niski
David Dybas	Cathy Smith
Krissy Gillmore	Jeffrey Smith
Martin Kelly	Karen Sylvia
Michelle Kumar	Lynne Van Eps

Foundation Board of Directors

Peter Capobianco	Del B. Salmon
Jerri Cortese	Andrew Santillo
Tracy Hojohn, RD	William Winsman
Carl Marucci	Karen Wright

LIFESPAN is published bi-monthly by the Montgomery County Office for Aging, Inc. and funded by Title III B of the Federal Older Americans Act.

The Importance of Volunteering

way at the same time. Many older adults who are retired and no longer working everyday may have additional free time and often use this time to volunteer in the community.

People volunteer for a number of reasons; to be more social, to have a sense of purpose, a reason to get up every day or simply for the passion of it rather than a paycheck. I am always impressed by the number of people who give freely of their time and volunteer at the OFA in a variety of ways. The people who volunteer find a need in the community and use their unique skills to help fulfill that need. Our agency has volunteers that do clerical work, office cleaning, visit or call isolated seniors, help deliver meals for seniors, and do a large variety of other tasks. Our agency would not function nearly as efficiently and our staff would not be as productive if we did not have volunteers helping us to serve seniors each day. Our Board of Directors and Advisory Council members are also all volunteers. Clearly, our agency benefits from volunteerism, but you may ask yourself, why do people choose to volunteer?

There are tremendous benefits to people, especially seniors, who volunteer. It can have significant mental and physical health benefits for those doing the helping. Participating in social leisure activities and meaningful, productive activities such as volunteering can lower the risk of health problems in seniors, including dementia, as well as improving longevity.

Volunteering also cultivates positive social relationships and helps to dispel negative myths by providing a positive image of seniors as healthy and a vital part of our society. Seniors who volunteer can help bridge the generation gap with younger people and younger people who volunteer with seniors can do the same. Both generations can learn valuable lessons from each other and volunteerism is a way to bring them together in a unique way. Also, volunteering helps prevent isolation and depression among older adults.

If you are interested in volunteering and aren't sure where to start, you should first think about causes that

mean the most to you personally. If helping older adults is your passion, the OFA has several ways in which you can assist seniors. Our "Friendly Visitor" and "Telephone Reassurance" programs are ways in which volunteers can connect with a homebound older adult.

The "Friendly Visitor" has weekly visits with the senior and helps build a valuable relationship with him/her. These visits can simply be time spent sitting and talking, playing cards, watching TV or a wide variety of activities. The real importance of these visits is actually the time spent together with each other and not necessarily the activity itself. In the "Telephone Reassurance" program, volunteers make daily phone calls to a homebound senior. This call provides some socialization for a senior who may not have a lot of opportunities for social interactions due to their isolation. This call also helps to ensure that the senior is not in any distress or in need of assistance. Seniors have found both programs extremely beneficial and have continued these relationships for years to come. Both programs enable the senior to stay in their home and give them someone in the community to connect with.

So, the next time someone tells you that they volunteer, thank them for what they do and, if possible, offer to join them the next time. We will all be better off because of it.

OFA currently has opportunities for people looking to volunteer. We are in desperate need of volunteers to deliver meals through our Meals of Montgomery program. Volunteers are needed Mon. through Fri. between the hours of 11 a.m. and 1 p.m. If you have a couple of hours a day to spare, please call us at 843-2300. Thank you!



1830 Riverfront Center
Amsterdam, NY 12010
518.842.6718 (office)
518.842.8357 (fax)

HCP Provides Professional Nursing, Home Health Aide,
End-of-Life Care, Companion, and Respite Services
Tailored to Meet Your Individual Needs
*Licensed to Serve: Fulton, Montgomery, Herkimer, Hamilton,
Saratoga, Schenectady, Schoharie, Warren and Washington Counties*

1.800.342.1426
www.NewYorkHomeHealthCare.com

Bon Appétit!

Tracy Hojohn
Registered Dietitian



The Montgomery County Office for Aging is happy to announce we are conducting our annual recipe contest! Over the years we've provided you with many tasty recipes in this column and now it's your turn to share your best recipes with us. Please submit your favorite recipes (nothing too

2016 Recipe Contest

complicated please) to our office NO LATER THAN Mar. 16, in person or mail, to OFA, Attention Tracy, 135 Guy Park Ave., Amsterdam 12010. We will select our top 10 favorites to be prepared by our kitchen staff at a cocktail reception held at the Century Club, 130 Guy Park Ave., Amsterdam on Fri., Apr. 8 from 5:30-7:30 p.m. Wolf Hollow Brewing Company will provide craft beer tastings and beer will also be available for purchase by the glass. Samples of each recipe will be available for tasting and you can cast a

vote for your favorite! Winners will be selected that evening for each of the three following categories: entrée, appetizer/side dish and dessert. Winners will each receive \$50 gift cards to Price Chopper or Stewart's. Winning recipes will also be published in LIFESPAN. Tickets for this event can be purchased at the Office for Aging for \$10 and will include one complimentary beverage and entertainment will be provided by Peter Capobianco.

"Pass The Buck" Winners

We would like to thank everyone who purchased tickets in support of our services and congratulate all of the following winners: Elizabeth Andolina, Christine Andrzejewski, Tim Bubniak, Merlyn Cetnar, Mary Lou Coughlin, D.

Dorine Dimond, Edward Dugan III, Glen-Mohawk VFW Post 942, Pat Hernigle, James Katovitch, Ron and Bonnie Korona, Bob and Pauline Kosineski, Ron Koslik, Theresa Krong, Helen Krutz, Elena Leavitt, Mary

Miknavich, Betty Parisi, William Parker, Peter Porcello, Genevieve Reuss, Nancy Ryan, Rachel Sandford, Elaine Scutt, Richard and Kathy Smith, Bryan Terry, Joel Thomas, Maria Vesp, and Dan Voght

OFA Satellite Offices

Amsterdam Office

Inside DSS at the Riverfront Center
Phone: 212-5859
Hours:
Mon. - 9 a.m. to 12 p.m.
Tues. - 12:30 p.m. to 3:30 p.m.
Fri. - 9 a.m. to 12 p.m.
Office in Centro Civico coming soon.

Canajoharie Office

42 W. Main St.
Phone: 673-4560
Hours:
Mon. - 9 a.m. to 12 p.m.
Thurs. - 9 a.m. to 11:45 a.m.
Fri. - 12:30 p.m. to 3:30 p.m.

CAFÉS

Bring a friend and have lunch at one of our cafés. Lunch is served Monday through Friday at 12 p.m. Call 843-2300 or 673-2000 to make a reservation or to cancel a reservation.

Daily sites

Amsterdam

Garden Towers Café
52 Division St.
(New Amsterdam Apartments)

Canajoharie

Café Arkell
55 Montgomery St.
(Arkell Center)

St. Johnsville

Westside Café
16 Washington St.
(Community House)

Under 60 guest fee:
\$8.30

Over 60 participants:
\$3.00 suggested donation

Donations are greatly appreciated.

"Serving the Mohawk Valley for 150 Years"

BETZ, ROSSI & BELLINGER
FAMILY FUNERAL HOME

VINCENT J. ROSSI
Board Member OFA

Pre-arrangement counseling in the comfort of your own home or at any of our facilities.

171 GUY PARK AVE. • AMSTERDAM, NY 12010
518-843-1920 • www.brbsfuneral.com

CANDY RIVERA WHITEHEAD

Licensed Agent
MVP Medicare Products Advisor
criverawhitehead@
mvphealthcare.com
(518) 388-2435



www.mvphealthcare.com

Wilkinson Adult Day Health Center

Offering adults an opportunity to participate in an exceptional day program on an at-will basis. Our services are intended to engage adults interested in an active social lifestyle and to meet the medical needs of those who may need extra care and assistance in a secure setting. Services are available Monday through Friday, 7:00 am - 3:30 pm (Lunch included).



St. Mary's Healthcare
4988 State Hwy 30
Amsterdam, NY 12010

To enroll call:

(518) 841-3605

2017 Lottery Calendar Photo Contest

We are happy to announce we are holding a photo contest for our 2017 Lottery Calendars!!! Thanks to the overwhelming positive response to our first photo calendar the 2016 edition featuring scenic photos of Montgomery County, we will continue publishing beautiful photo calendars. The 2017 theme is "Pet Lovers." Please submit a

picture of your pet (or you and your pet) to our office no later than May 16, 2016. Each twelve month calendar is assigned a three digit number. If the midday drawing matches your number, you are that day's winner. Our calendars provide 365

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

chances to win and the daily prizes range from \$20 (weekday) up to \$250 (certain holidays.) Calendars are \$20 each (buy 5 and get one free!), make great gifts and are available for purchase at our office.

"40 for 40" Pledges

Giving Tree Contributors

Silver Leaf

Liberty ARC

Bronze Leaf

Lois Collins

In memory of Richard E. Collins

Nancy Vertucci

Additional Contributors to "40 for 40"

Cliff and Susan Karchesky
in honor of Doris Karchesky

Barbara A. Tomasik

2015 was a very special year for the Montgomery County Office for Aging, Inc., and the support that was shown has been tremendous and for that we are greatly appreciative and we look forward to serving the county for many years to come.

From our friends

The help that we receive from your people means a lot to us! Thank you and Happy Holidays to All!
Sincerely, B.A.H.

You really surprised me Saturday night when I opened your envelope and got a Lottery Calendar check for \$100.00. Thank you so very, very much! I grew up in Montgomery County and I have many relatives living there. I saw your advertisement for the calendar last year. I like your idea of running winning 365 days a year. I thought for once I might have a chance of winning. I will gladly take another calendar for this coming New Year with check enclosed. I have also enclosed \$10 for any other adult, which has the greatest needs for it. Congratulations for your service of 40 years to all older adults in Montgomery County! I think your office is way out in

front of any other office in New York State. Please be well and take care!
Sincerely, D. S., Dolgeville

I want to thank you all for my meals-on-wheels. They help me so much and I'll miss them. My son is taking me to Virginia for a while and I won't be back until next year. I hope I may continue with the program when I return.
Thanks again, E. M., Amsterdam

Adopt-a-Senior

To everyone who donated to our Adopt-a-Senior Holiday Program, we are truly overwhelmed by your generosity. We had more support than we could ever have imagined. From our family to yours—we wish you a wonderful Holiday Season and a Happy New Year!



* * * WE NEED YOUR SUPPORT * * *

Because needs are always greater than the resources available, the Montgomery County Office for Aging, Inc. encourages and appreciates donations.

Name _____ Address _____

I designate my donation of \$ _____ for: Phone _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Use where most needed | <input type="checkbox"/> Home-care services | <input type="checkbox"/> "Save a Stamp" please do NOT acknowledge my donation by mail |
| <input type="checkbox"/> HIICAP | <input type="checkbox"/> Meals program | <input type="checkbox"/> Please do NOT acknowledge my donation in LIFESPAN |
| <input type="checkbox"/> Legal services | <input type="checkbox"/> LIFESPAN | |
| <input type="checkbox"/> Caregiver/Respite services | <input type="checkbox"/> Foundation | |

- Please make check payable to:
Montgomery County Office for Aging, Inc.

**Clip and return this coupon with your donation to 135 Guy Park Ave., Amsterdam, NY 12010
Thank you! All donations are greatly appreciated!**

All contributions are tax deductible to the extent of the law.
For tax purposes, we will send you a receipt for single donations of \$250 or more.

LegalEase



Del B. Salmon
Legal Services
Representative

Are you worried about your parent's safety as they grow older? While having a discussion with your parents' about illness, death, and financial issues can be awkward, it is one of the most important conversations that you will ever have. The following fictional letter illustrates the talking points that you will want to cover when you have such a conversation.

Dear Mom and Dad:

I am asking for you to help me help you sometime in the future if you are unable to manage your affairs. While I respect your independence and am not looking to take control away from you, I would like you to provide me with some information so that I can help take care of you in the future just as well as you have always taken care of me. I don't need this information right now. I just need to know that you have

An Open Letter To Your Parents

compiled it and where to find it if I ever need it.

Who are your health care providers? In the event of a medical crisis, I would appreciate if you will create a list of your health care providers (physicians, pharmacists, nurse practitioners, physician assistants, therapists, and dentists) including their addresses and phone numbers.

What medications are you taking? Please make a list of your prescriptions, vitamins, supplements and over-the-counter remedies as well as any allergies.

Where do you keep your financial papers? While I don't want to mind your personal business, this information is vital if you become unable to mind your affairs, and will result in the saving of time and money if I have to hunt for this information.

Do you have your legal affairs in order? If you do not already have a Will, Power of Attorney and Health Care Proxy, you really need to have them to protect yourself in the future. I

understand the Legal Services Program of the Montgomery County Office for the Aging has an attorney who will prepare these documents with a request for a donation but without a legal fee. You should contact them at 843-2300.

What type of funeral arrangements would you like? This is a practical consideration considering the number of choices to be made as well as the expense. I would prefer that you preplan and prepay for these arrangements so that your wishes are fulfilled. If you are uncomfortable doing so, please put your wishes in writing in the place where I can find them (NOT in your Will) so I can honor you when you die.

Mom and Dad, please remember that I love you and respect your values and independence. Please help me help you by providing me with enough information so that I can carry on your affairs when you can't.

Love,
 Your Loving Child

HIICAP Hotline

Meeghan Stock
Client Services
Representative



Each year, the Centers for Medicare and Medicaid Services (CMS) set the following year's Part B premium. In 2016 the Part B base premium will be \$121.80. This includes a \$3 "surcharge" amount as a result of the budget agreement which reduced the premium increase. However, you will not necessarily pay this increased amount.

If you collect Social Security benefits and your Medicare Part B premium is deducted from those benefits each month (this is the case for the majority of people with Medicare), you may be protected under the hold harmless provision. The hold harmless provision protects Social Security recipients from paying higher Part B premium costs so long as: You are entitled to Social Security benefits for Nov. and Dec. of the current year (2015); The Medicare Part B premium will be or was deducted from your Social Security

2016 Medicare Part B Premium

benefits in Nov. 2015 through Jan. 2016.

You don't already pay higher Part B premiums because of Income-Related Monthly Adjustment Amount (IRMAA) eligibility; and

You do not receive a Cost of Living Adjustment (COLA) large enough to cover the increased premium. COLA is additional income given to Social Security recipients to protect against inflation decreasing the benefit's purchasing power. There is not a COLA every year, and it is not expected that there will be one in 2016.

The hold harmless provision does NOT protect you if:

You are new to Medicare. Hold harmless does not apply to you because you have not been enrolled in Medicare Part B long enough to qualify.

You are subject to IRMAA.

You are enrolled in a Medicare Savings Program (MSP). However, the MSP should continue paying for your full Part B premium.

You were enrolled in a Medicare Savings Program in 2015 but lost the

program because your income increased or you failed to recertify.

Note: If you qualify for the hold harmless provision but pay a Part B late enrollment penalty, the penalty will not be waived, and may increase. This is because the penalty will be calculated based on the new, higher premium—even if you are not paying that higher amount. Thus while your base Part B premium will not change, you'll likely face a higher total Part B premium bill due to the late enrollment penalty.

Source: MedicareInteractive.org



THE SALMON

LAW FIRM

Est. 1911

DEL B. SALMON

179 Wallins Corners Road
 Amsterdam, New York 12010
 Phone (518) 842-1650 • Fax (518) 842-1390



“POT OF GOLD” March 2016

to benefit the Montgomery County Office for Aging, Inc.



You could have 31 chances to win cash prizes ranging from \$50 to \$500.
 Tickets are \$10 each or 3 for \$25.

Please print your information on the ticket(s) below and mail with your payment to or drop off at:

Montgomery County Office for Aging, Inc.
 135 Guy Park Ave.
 Amsterdam, NY 12010

Check should be made payable to:
 Montgomery County Office for Aging, Inc.

Tickets will be drawn daily at the OFA during the month of March.

Holidays and weekends will be drawn the day prior. If your ticket is drawn, you will be notified by mail and your winning ticket will be resubmitted for another chance to win.

Please call OFA at 843-2300 for more information.

Thank you for your support.
 Good luck!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 TGIF	5
6	7	8	9	10	11 TGIF	12
\$50	\$50	\$50	\$50	\$50	\$75	\$50
13	14	15	16	17 St. Patrick's Day	18 TGIF	19
\$50	\$50	\$50	\$50	\$500	\$75	\$50
20 Spring Begins Palm Sunday	21	22	23	24	25 Good Friday	26
\$100	\$50	\$50	\$50	\$50	\$100	\$50
27 Easter	28	29	30	31	Double your money with just one win!	
\$250	\$50	\$50	\$50	\$50		

Montgomery County Office for Aging, Inc. March 2016 Pot of Gold	Montgomery County Office for Aging, Inc. March 2016 Pot of Gold	Montgomery County Office for Aging, Inc. March 2016 Pot of Gold
Name _____	Name _____	Name _____
Address _____	Address _____	Address _____
Phone _____	Phone _____	Phone _____



Montgomery County Office for Aging, Inc. gratefully acknowledges the following contributors:



Alan Brust
 Donna Burlingham
 Paul Butterfield
 Jeanette Cretser
 Duke Duchessi
 Dorothy Frasier
 Tim and Vicki Fryc
 Grace Gilbert
 David Gomula
 Roland James
 Lucia Kern
 Ladies of Charity
 Walter and Sophie Malkowicz
 Martin Kelly
 Montgomery County Legislature
 Isabelle Pastalaniec
 Mr. and Mrs. Edward Paton
 Frank and Wendy Pessolano
 Dolores Piska
 Bob Purtell
 Daniel Shuster
 David Thompson
 Trinity Evangelical Lutheran Church
 Stone Arabia Ladies Aid Society

In honor of Owen Dievendorf
 Ron and Amy Dievendorf

In honor of Mary Simpson
 Trinity Evangelical Lutheran Church
 Stone Arabia Ladies Aid Society

In memory of Helen Augun
 Mary Martin
 Diane Pagano
 Clarence and Helen Walrath

In memory of Mary Billis
 Vincent Rossi

In memory of Stephen and Angie
(Williams) Brach and Howard and
Genevieve (Swyka) Brown
 Roger and Patti Brown

In memory of Antoinette Carozza and
Vincent Cerra
 Noreen Gulnick

In memory of Dominic DeTuro
 Vincent Rossi, Rob Meyer and
 Luca Rossi Meyer

In memory of Jane DiCaprio
 Dorothy Savarese

In memory of Jean Downey
 Laura and Frank Falco
In memory of Mr. and Mrs. George
 Jarosienski
 Their Sons

In memory of Frank and Clara
 Kordyjak
 Chet and Shirley Kordyjak

In memory of Joseph Makarowsky
 Carmella Makarowsky

In memory of Mary Marcucia-Covey
and Dominick Marcucia
 Peter and Patricia Marcucia

In memory of Joseph Pakeltis
 Marilyn Pakeltis

In memory of Isabelle Pastalaniec
 Walter and Sophie Malkowicz

In memory of Antonio P. Penge
 Vincent Rossi, Rob Meyer and
 Luca Rossi Meyer

In memory of Mr. and Mrs. Nicholas
Pereich, Sr. and
Nicholas Pereich, Jr.
 Dolores Pereich

In memory of Sandra J Rogozinski
 Caroline Kruger

In memory of Leonard E. Rytel
 Michael Radzevich

In memory Richard Sponable, Sr.
 Shirley Sponable

In memory of Lottie Wiencek
 Edward Wiencek, Sr.

Lottery Calendar Winners To Date

Thank you to all who purchased calendars in support of our services and to those who wished to donate their winnings back. Congratulations to our winners: Diane Allen, Chris Andrzejczyk, Joan Bez, Susan Bubniak, David Carpenter, Eugene Carte, David Conboy, Madeline Conboy, Robert Cowles, Michael Delbelcher, Mary Doris DiCaprio, Lori Didziulis, Madeline Dievendorf, D. Dorine Dimond, Beverly Douglas, Nancy Edwards, Rebecca Gibson,

Michael Greco, Phyllis Hage, Jason Heroth, Fran Hopkins, Joan Jacques, Bill Lassel, Paul Lazarou, Bernie Lewis, Arlene Madej, George McFarland, Linda Mossorofo, Howard Oare, Susan O'Neil, Sue Pettica, Jim Piurek, Esther Porcello, Marjorie Savoie, Mary Anne Semkiw, Daniel R. Shuster, Josephine Sikora, Sherry Suite, Robert Szczepanik, Lorraine Thomas, Anthony Turo, Peg Voth, Vecar Wade and Edward Walega



S. Johnsville
 7 Timmerman Ave., St. Johnsville, NY 133452
 Phone: (518) 568-5037 Web: www.stjrc.com
 The Industry Leader in Skilled Nursing and Outpatient Rehabilitation Services

Inpatient Rehabilitation Center & Outpatient Services:

- Physical Therapy
- Occupational Therapy
- Orthopedic Treatment for Acute Chronic Neck and Low Back Pain
- Speech and Language Pathology
- Post-Surgical Rehabilitation
- Sports Injury Rehabilitation
- McKenzie Based Acute/Chronic Neck and Low Back Pain Therapy
- Lymphedema Therapy



Capital District Physicians' Health Plan, Inc.

For information call
 (518) 641-3400 or
 1-888-519-4455.



www.cdphp.com **A plan for life.**

This is an advertisement.

Y0019 12_0114 File & Use 052712

We're about creating and strengthening relationships



With the support of committed staff, individuals in Liberty's programs are:

- ✓ Meeting new friends
- ✓ Helping others
- ✓ Making a difference in our community

libertyarc.org

43 Liberty Drive, Amsterdam NY • 518.842.5080





**Montgomery County
Office for Aging
135 Guy Park Avenue
Amsterdam, NY 12010
(518) 843-2300**

Non Profit Org.
U.S. Postage
PAID
Albany, NY
Permit No. 918

RETURN SERVICE REQUESTED



Happenings

The Alzheimer's Association's Caregiver Support Group: 6 p.m., first Tues. of each month at St. Mary's Health Care Memorial Campus, Wilkinson Conference Room. Call Maura Fleming, 867-4999, ext. 209 or 1-800-272-3900 to attend or for more information.

Alzheimer's Support Group at Arkeel Center: 10-11 a.m., fourth Tues. of the

month. No registration required. Call 673-4408 for more information.

Living with Loss—Holiday Hope for the Bereaved: 6 p.m. Tues., Jan. 12 and Tues., Feb. 9, in the Board Room at St. Mary's Hospital. Call 843-5412, ext. 17 to register or for more information.



Public Information Sessions: 9-11 a.m., Tues., Jan. 6 at Arkeel Center, Canajoharie and Tues., Feb. 2 at Fort Plain Senior Center. These sessions offer information and assistance with regard to seniors and OFA services. Call OFA, 843-2300, for more information.

Office Closings:

Fri., Jan. 1
New Year's Day

Mon., Jan 18
Martin Luther King, Jr. Day

Mon., Feb 15
President's Day

We still have some 2016 lottery calendars!

Yes, please save me a 2016 Lottery Calendar!

*\$20 each or Buy 5 and get one free!
(Must purchase all 5 in one transaction to take advantage of this offer.)*

Please print:

Name _____

Address _____

Phone _____ Email _____

We will contact you when your calendar is ready to make arrangements for you to receive it.

Make checks payable to: Montgomery County Office for Aging, Inc.
Mail to: 135 Guy Park Avenue, Amsterdam, NY 12010

Thank you in advance for your support!