

Montgomery County Office for Aging, Inc.

A private, not-for-profit agency



LIFESPAN



Volume XVIII No. 5

Serving Montgomery County Older Adults since 1975

September/October 2015

Cupboard of Kindness

The Montgomery County Office for Aging, Inc. is pleased to announce that we now have an up-county "Cupboard of Kindness" Food and Pet Pantry! The pantry will **ONLY** be open every **Thurs. from 12 p.m. to 2 p.m.** at our commercial kitchen located at 17 Carman Ct., Palatine Bridge for seniors age 60 and older. We carry

non-perishable food items, household products, hygiene products and pet food. This cupboard is made possible through generous donations from caring individuals. For more information on the pantry including making donations, please call OFA, 843-2300.

Apply for STAR

STAR (New York State School Tax Relief Program) lowers school taxes for certain property owners without age or income requirements, who use their homes as their primary residence. The state sets the amount of the benefit every year based on the value of property in the school district and the school tax rate.

"Enhanced STAR" provides for even greater STAR benefits. To be eligible you must be at least 65 by Dec. 31, 2015 and your 2014 total income must be \$84,550 or less.

Older adults and the disabled, who are property owners with a limited income, may be eligible for additional real property tax exemptions as well.

Filing date for the city of Amsterdam is Dec. 1, 2015, and for all the towns, Mar. 1, 2016. To receive an application or information, contact your local assessor.

Community Breakfast Scheduled

The Montgomery County Office for Aging, Inc. will hold its annual Community Breakfast and Public Hearing sponsored by Capital District Physicians' Health Plan on Thurs., Oct. 29 at Rolling Hills Country Club in Fort Johnson. The program begins at 8:30 a.m. with a free buffet breakfast.



proposed 2016 budget and services. Guest speakers will be NYS Assemblyman Angelo Santabarbara and Muriel Miller from the Empire Justice Center. We will post the information on our website and Facebook page shortly.

The agency's Advisory Council and Executive Director will present the

Reservations are required as seating is limited. Please contact OFA, 843-2300, by Oct. 16, to make a reservation.

Essay Contest

The Montgomery County Office for Aging, Inc. is holding an essay contest in observance of National Grandparents Day on Sept. 13. The contest is open to any school-age child who would like to submit a brief essay describing why their grandparent (or another special older adult in their life) is so important and meaningful to them. Please submit contest entries no later than Oct. 1. Entries can be mailed or brought to our office at 135 Guy Park Avenue,

Amsterdam, NY 12010. Please include: the child's name, age and school as well as a contact phone number. The winner will receive a gift package for Emerald Cinema and will be invited, along with their grandparent, to be honored at our annual Community Breakfast on Thurs., Oct. 29. The grandparent will receive special recognition and the prize-winning essay will be read out loud to the attendees of the breakfast.

Veteran's Dinner

The Montgomery County Office for Aging, Inc. will host a Veteran's Dinner with entertainment on Fri., Nov. 6 from 4 to 6 p.m. at the Canajoharie Moose, 159 Erie Blvd. The meal will be eat-in or take-out and will include roast pork, stuffing, mashed potatoes and gravy, glazed carrots, applesauce, roll, dessert and beverage. Presale tickets will be available Sept. 1 for \$9. Tickets will be \$10 at the door and all veteran's will pay only \$5. Tickets will be available at the Senior Picnic. Presale purchases are not necessary, but are strongly suggested as there are a limited amount of meals.

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From the Director

David Jordan
Executive Director



Most people would like to continue driving as long as they can do so safely. This is understandable, considering the convenience and independence that driving your own vehicle can bring. However, there may be a time when each of us could face the question, "Should I still be driving?" Depending on your own situation, this could represent an enormous loss at a time when you may have had other recent losses in your life (i.e. health, lifelong friends, loved ones). For all these reasons, the difficult decision about when to stop driving can be an especially wrenching one for a lot of people.

In many cases, safety concerns about an older adult's driving abilities are first noticed and addressed by a

When Driving Becomes a Concern

family member (i.e. spouse, son/daughter, etc.). Although this can be extremely difficult, it is vital that these concerns be addressed for the safety of the senior and others on the road. Driving ability does not necessarily become an issue just because someone ages. Many seniors continue to drive safely well into their 80's and 90's but there are some telltale signs that older adults and their loved ones should think about when considering whether it's time to limit or stop driving.

Here are 10 signs to look for to determine whether it could be time to limit or stop driving.

- Almost crashing, with frequent "close calls"
- Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
- Getting lost, especially in familiar locations
- Having trouble seeing or following traffic signals, road signs, and pavement markings
- Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
- Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
- Experiencing road rage or causing

- other drivers to honk or complain
- Easily becoming distracted or having difficulty concentrating while driving
- Having a hard time turning around to check the rear view while backing up or changing lanes
- Receiving multiple traffic tickets or "warnings" from law enforcement officers

If you notice one or more of these cautionary signs in yourself or a loved one who is driving, there is assistance available to better determine if driving is still safe for you or your loved one. Taking the AARP Driver Safety course could be a good place to start to improve driving skills. If you would like information about speaking to a friend or a loved one about concerns with their driving, AARP also offers the "We Need to Talk" program which can help initiate productive and caring conversations with older adults about driving safety.

It is important to understand the importance of the decision to limit driving and how it can fundamentally change an older person's sense of independence. If this sensitive subject is approached from a caring perspective, there is a much better chance for a successful outcome to, ultimately, keep the senior and other drivers as safe as possible.

Source: www.aarp.com

**Montgomery County
Office for Aging, Inc.**
The Designated Area Agency on Aging

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Influenza

Influenza (flu) is caused by a virus that spreads easily from person to person. Flu causes headache, chills and fever, cough or sore throat, and body aches. Some people can become seriously ill if they get the flu, especially the elderly.

The best way to prevent getting the flu is to get a flu shot each fall. If the flu

vaccine is not available, there are other things you can do to reduce your risk of getting sick. Wash your hands frequently, keep your hands away from your face, and clean and disinfect surfaces. Call your doctor, pharmacy or visit <http://flushot.healthmap.org>. Flu shots will be available at the OFA Senior Picnic on Fri., Sept. 18.



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Bon Appétit!

Tracy Hojhn
Registered Dietitian



Warfarin (or Coumadin) is a blood-thinning medication known as an anticoagulant. It is a medication that helps treat and prevent blood clots. There is no specific warfarin diet. However, certain foods and beverages can make warfarin less effective in preventing blood clots. One nutrient that can lessen warfarin's effectiveness is Vitamin K. It's important to maintain consistency in your daily intake of Vitamin K when taking anticoagulants. The adequate intake level of Vitamin K for adult men is 120 micrograms (mcg). For adult women, it's 90 mcg. Eating small

Blood Thinners

amounts of foods that are rich in Vitamin K while taking warfarin shouldn't cause a problem but consuming large amounts of Vitamin K should be avoided. Some foods that contain a significant amount of Vitamin K are: kale, spinach, brussels sprouts, parsley, collard greens, mustard greens, chard and green tea. Many people misunderstand the relationship between Vitamin K and warfarin and incorrectly opt to completely eliminate nutritious foods like leafy greens or green vegetables from their diet. A better option would be eating them in smaller amounts, less often and maintain a CONSISTENT intake of these foods. Always talk to your doctor before making any major changes in your diet and/or starting any over-the-counter medications, vitamins or herbal supplements.

Eggplant with Mushrooms and Italian Sausage (Courtesy of Margaret Cook, 3rd place winner of our Recipe Contest)

Ingredients: 2 links of Italian sausage (1 hot and 1 sweet), 1 medium eggplant, ½ pound of sliced mushrooms, 3 tablespoons of extra virgin olive oil, ½ cup to ¾ cup of spaghetti sauce, salt, pepper, and garlic powder to taste, Parmesan cheese

Directions: Heat olive oil in large fry pan. Remove casing from sausage. Brown the sausage in heated olive oil. Cut eggplant into ½ inch cubes. Add eggplant and mushrooms to the pan. Add enough water to keep eggplant from sticking to the pan. Add salt, pepper, and garlic powder to desired taste. Simmer (add water if necessary) for 1/2 hour. Add spaghetti sauce and heat. Serve with parmesan cheese.



Weatherization Assistance Program

Fulmont Community Action Agency provides weatherization services to income-qualified residents of Fulton & Montgomery counties. Approximately 100 homes are weatherized each year. The economic hardships and deteriorated housing stock in our area truly underscores the need for extended weatherization services. Aside from identifying measures to be taken saving the residents valuable energy dollars, increasing the comfort and value of the home and preserving the housing stock, a Health & Safety inspection is performed. Energy saving measures provided by these programs (as qualified) include insulation (blown-in, added fiberglass or foam) installed in attics, walls, crawl spaces, etc., air sealing (draft reduction), heating appliance clean & tune or repair/replacement and

distribution/ductwork repairs, installing energy efficient lighting and refrigeration, window and/or outside door replacement and water-reducing faucet aerators and showerheads. The following Fulmont CAA programs are also offered to eligible senior residents of Fulton & Montgomery counties: Senior Transportation, Food Pantry, and free income tax preparation. Please refer to the website www.fulmont.org or call Fulmont at 853-3011 for more information.

To apply for the weatherization services program, please visit the Energy Services office at 20 Park St., Room 206, Fonda, NY or contact 853-8359.

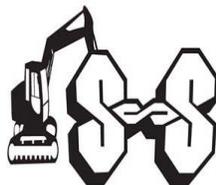
Peter Hansen, Energy Services Director, Fulmont Community Action Agency

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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.

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 Representative



Most of us plan during our lives. We plan for careers or jobs. We plan for saving. We plan for retirement. So, why not plan for our death?

I have some clients who believe that they are not going to die. Sadly, I have been to every one of their funerals. As of today, it appears that we are all going to die. Acknowledging it, talking about it, and planning for it helps everyone.

Preplanning and/or prepaying for funeral services, the purchasing of burial plots, and the purchasing of markers, is a great gift that you can give your loved ones. Upon your death, your loved ones can mourn your loss and not have to wonder and worry whether the arrangements they are making, and the amount of money they are spending, align with what you would have wanted. (Maybe you would

Funeral & Burial Pre-Planning

have wanted the most expensive mahogany casket or perhaps you would have preferred the pine box. You should have what you want and what you want to afford.)

Funeral preplanning happens with a local funeral director of your choice, unless you choose to participate in the Albany Medical College Anatomical Gift Program. If so, you can donate your body for medical research. There is no cost for this program, including transportation, as long as the decedent dies up to 100 miles from the Albany Medical College. There is a transportation fee if an individual dies further than 100 miles from the Medical College.

Funeral planning with a funeral director involves deciding between burial and cremation, selecting containers, and determining what type of calling hours and/or service you desire. Often, it is helpful to prepay for the funeral. This is especially the case

with regard to Medicaid where the funeral prepayment is an exempt resource and does not count as an asset. Funerals can be prepaid or you can choose to assign the death benefits from a Life Insurance Policy.

Consult your Funeral Director about the particulars of prepaid burial accounts, which are in effect escrow accounts held on your behalf by the Funeral Home.

Burial plots and markers can also be purchased in advance.

As a general rule, burial plots must be paid for in advance prior to burial. Cemeteries are happy to help you purchase your "piece of heaven" while you are alive. All cemeteries have a published listing of their representatives who can sell you plots. Buying your plot in advance will help you assure that there will be adequate burial space for the loved ones you want to be close to for eternity.

Planning today will help give you peace of mind tomorrow.



HIICAP Hotline

Meeghan Stock
 Client Services
 Representative



If you currently have Medicare (Parts A and/or B), you can enroll or re-enroll in a Medicare Part D Prescription Drug Plan (PDP) or Medicare Advantage Plan with Prescription Coverage (MA.PD) starting on Oct. 15 through Dec. 7, 2015. This is called the Annual Coordinated Election Period and your newly chosen plan begins on Jan. 1, 2016. Important Medicare Dates:

Oct. 15 to Dec. 7, 2015 - Annual Coordinated Election Period. Here is your chance to join a new Medicare Part D or Medicare Advantage plan for the 2016 plan year (however your plan will not take effect until Jan. 1, 2016). If you already have a Medicare Part D or Medicare Advantage plan, this is your time to look back over 2015 and make an enrollment decision for your coverage for 2016. If you make no

Open Enrollment

decision, you will remain in the same plan as you elected in 2015. There is no enrollment required to renew your present coverage

Jan. 1, 2016 - Your new Medicare Part D or Medicare Advantage plan becomes effective and you will be able to begin using your benefits (your old plan will automatically be discontinued).

Jan. 1 to Feb. 14, 2016 - Members of Medicare Advantage Plans may disenroll from their Medicare Advantage Plan returning to Original Medicare and select a stand-alone Medicare Part D plan.

Jan. 1 to Dec. 31, 2016 - Persons turning 65 can enroll in a 2016 Medicare Part D or Medicare Advantage Plan. Medicaid recipients can also enroll or change their enrollment.

For assistance comparing plans, please call OFA, for an appointment, 843-2300. Health Insurance Counseling will be by appointment ONLY to better serve you! Resource: Q1Medicare.com



****If you no longer wish to receive this newsletter, receive more than one copy, or have an address change, please cut out your address label from the back page and send it to OFA at 135 Guy Park Avenue, Amsterdam, NY 12010.****

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

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

Frances Allen
Patti & Roger Brown
Alan Brust
Donna Burlingham
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Stone Arabia Ladies Aid Society

In honor of Lynn Lucas' 80th Birthday
Florence McMartin

In memory of Roseanne Carlucci
Frances Copp

In memory of Isabelle Damiano
Frances Copp

In memory of Victor Fryc
Mr. & Mrs. Norbert Fryc

*In memory of Richard Jobin,
Cathy Jobin Neuberger and
Anita Fiorillo Jobin*
Mary Jobin

In memory of Watson A. LaGrange, Sr.
Thomas Abballe
Arthur D. Alukonis
Friends & co-workers at City of Amsterdam
John & Jeannine Haluch
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Francis Szykowski
United Welding Supply
Gail Yeackel
Vincent & Jeannette Yevoli

In memory of Mary Liccardi
Dolores Perecich

*In memory of deceased Ligmal,
Allen & Fraim family members*
Frances Allen

In memory of Robert Piska
Dolores Piska

In memory of John P. Riccio
Alex & Phoebe Boschi

In memory of Herb Scialabba
Theresa Scialabba

In memory of Richard Sponable, Sr.
Shirley Sponable

*In memory of deceased members
of the Class of 1947*
W.H. Lynch High School
The Class of 1947 W.H. Lynch High School
Reunion Committee

In memory of Stanley C. Tonko
Alex & Phoebe Boschi

Hospice Support Groups

The Community Hospice of Amsterdam offers a monthly support group "Living with Loss," for individuals who have experienced a loss due to a death. Members of support groups usually share their advice based on personal experiences. Living with Loss is held at St. Mary's Hospital in the Board Room on the second Tues. of each month. Check the Happenings section on page 8 for the current meeting schedule. Joining a support group provides a wide range of benefits as illustrated below.

1. Emotional Support:

Sharing your feelings with people who have similar problems can assist you to become emotional connected, particularly if you are feeling secluded from family and friends. A welcoming

and safe environment filled with reassurance, understanding and compassion can also help adjust to your new situation. Members of these groups develop special bonds through sharing their honest feelings. Moreover, through sharing losses, humor and accomplishments, members also develop emotional connections to each other.

2. Coping skills:

Support groups provide the opportunity of drawing on the collective experiences of people. Individuals who have already experienced a loss may have advice or tips for coping with grief. Sharing these ideas may even inspire more coping skills and ideas. Through learning the way others have dealt with similar issues, members can

enhance their own abilities. Groups also provide members accurate feedback each time they try out or consider new coping approaches.

3. Inspiration:

Support groups also provide motivation, helpfulness and positive reinforcement. This can inspire you to put more effort towards healing. Meeting regularly with people who understand your loss can assist you to be heard and understood. With backing from a good support group, members can begin to feel inspired to begin the journey towards healing.

For more information on Living with Loss or other bereavement services offered by The Community Hospice, please call Amy Weinar, Bereavement Counselor, at 843-5412.

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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: Madeline Bottisti, Joe Bracchi, Heather Chambers, Kathy Coates-Kreisel, David Conboy, Theresa De Sorbo, Sandy

DiGiandomenico, Shannon Fioretti, Christine Gomez, Penny Gressick, Lorraine Korona, Ed Krzysko, Dave & Karlyn LaBate, Bruce Lampkin, Liz La Salle, George McFarland, Mollie McCarty, Lewis Merritt, Francis Mroczek, Beverly Parslow, Jim Partyka, Amara Pascuito, Tim Pink, Kelly Quist-

Demars, Mary & Len Reichel, Jorge Rivera, Glenn Savarese, Connie Sing, Katherine Steckler, James Suits, Jannette Swanker, Barbara Tomasik, Deana Tomlinson, Diane Wadsworth, Jennifer Wancewicz, Kenneth Wilson and Janice Zoller. 2016 calendars will be available sometime in Sept.

“40 for 40” Pledges

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Acorn

Alpin Haus

Donald W. Massey

In memory of Dorothy Connor

Stewart's Shops

Gold Leaf

Sue, Mickey, Bob and Sandy

*In memory of our mom,
Jean Wancewicz*

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Senator George Amedore

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*In memory of Elaine and Robert
Rounds*

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Additional Contributors to “40 for 40”

Canajoharie Senior Citizens Club

Charles Schwartz

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

Heading South?

A number of Montgomery County residents spend their winter in warmer climates, changing their address at the post office for the months they are away. When we receive returned mail with an address change, we don't know if it is a temporary or permanent change. If you receive LIFESPAN and leave for an extended vacation of several months and change your mailing address, or do not have second class mail forwarded, please notify us. We'll send your mail to the temporary address during the time you are there, and after notification, to your permanent address when you return. To avoid missing one issue of LIFESPAN, please call 843-2300 or write to the Montgomery County OFA, 135 Guy Park Ave., Amsterdam, NY 12010.



* * * 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:

- Use where most needed
- HIICAP
- Legal services
- Caregiver/Respite services
- Home-care services
- Meals program
- LIFESPAN
- Foundation

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 my donation by mail

Please do **NOT** acknowledge my donation in
 LIFESPAN

- 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.



“PASS THE BUCK” November 2015

to benefit the Montgomery County Office for Aging, Inc.

You could have 30 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 November.

Holidays and weekends will be drawn the day prior. If your ticket is drawn, you will be notified by telephone or 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 Beginners Luck \$100 | 2 \$50 | 3 Election Day \$100 | 4 \$50 | 5 \$50 | 6 \$50 | 7 \$50 | |
| 8 \$50 | 9 \$50 | 10 \$75 | 11 Veterans Day \$100 | 12 \$50 | 13 \$50 | 14 \$50 | |
| 15 \$50 | 16 \$50 | 17 \$75 | 18 \$50 | 19 \$50 | 20 \$50 | 21 \$50 | |
| 22 \$50 | 23 \$50 | 24 \$75 | 25 \$50 | 26 Thanksgiving \$150 | 27 Black Friday \$500 | 28 \$50 | |
| 29 \$50 | 30 Last Chance \$100 | 1 WIN DOUBLES YOUR MONEY \$\$\$ | | | | | |

Montgomery County Office for Aging, Inc.
November 2015 Pass the Buck

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Happenings

The Alzheimer's Association's Caregiver Support Groups: 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.

Living with Loss—Bereavement Support Group: 6 p.m., Tues., Sept. 8 and Tues., Oct. 13 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., Thurs., Sept. 24 at Arkell Center, Canajoharie; and Tues., Oct. 6 at Fort Plain Senior Center. These sessions offer information and assistance with regard to seniors and OFA services.

Giving Tree Dedication Ceremony and Chamber Ribbon Cutting: 3-p.m., Thurs., Sept. 10, at OFA. Light refreshments will be served.

Senior Picnic sponsored by St. Mary's Healthcare: 9 a.m.-2:30 p.m., Fri., Sept. 18 at the Fonda Fairgrounds. Second Time Around Big Band will



provide entertainment sponsored by CDPHP. Tickets are available to older adults aged 60 and over at OFA for a minimum donation of \$8.

Montgomery County Senior Citizens Council Meeting: 9:30 a.m., Wed., Oct. 14, Sheriff's Office in Fultonville. All older adults are invited to attend.

Community Breakfast and Public Hearing: 8:30 a.m., Thurs., Oct. 29 at Rolling Hills Country Club, Fort Johnson. This is a free event and open to persons aged 60 and over. Reservations are required by Oct. 16, 843-2300.

Veterans Dinner with Entertainment: 4-6 p.m., Fri., Nov. 6 at the Canajoharie Moose, 159 Erie Blvd. Presale tickets will be available Sept. 1 for \$9. Tickets at the door will be \$10. All veterans tickets will be \$5. Dinner will include roast pork, stuffing, mashed potatoes and gravy, glazed carrots, applesauce, dinner roll, dessert and beverage.

Call OFA for more information on any of our events, 843-2300.



HEAP 2015-2016

Thousands of people who received HEAP (the low-income Home Energy Assistance Program) benefits last season will be receiving a new application by mail shortly. If you receive this mailing, please complete the application and either mail it in or drop it off at OFA, 135 Guy Park Ave., Amsterdam, NY 12010.

Federal HEAP funds are limited, so benefits are issued on a first-come, first-serve basis.

Office Closings:

Mon., Sept. 7, Labor Day

Fri., Sept. 18, Senior Picnic

Mon., Oct. 12, Columbus Day

Thurs., Oct. 29, Community Breakfast, office will open by 12 p.m.