



# ASSEMBLYMAN PALMESANO'S DISTRICT OFFICE: ALWAYS READY TO HELP

If you would like more information, my office has a number of brochures on hand that may contain helpful information for you. Please feel free to clip this form and return to my office with your address.

- **Guide to Senior Programs** – Outlines special programs available to seniors in New York State.
- **Health Care Decisions/Proxy** – Explains why and how to appoint someone to make health care decisions for you.
- **Safety Tips for Seniors** – How to minimize your chances of becoming a crime victim.
- **Long Term Care Insurance** – Provides information on long-term insurance and Medicaid Extended Coverage.
- **Beware of Scams** – Identifies and explains how to avoid phone scams.
- **Identity Theft** – How to avoid becoming a victim of identity theft.
- **Real Property Tax Credit** – outlines information on receiving the property tax credit.
- **Generic Drugs** – Explains how to potentially save money on prescription drugs.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_



ASSEMBLYMAN

PHIL

**PALMESANO**

**District Office:**

105 East Steuben Street, Bath, NY 14810  
607-776-9691 • palmesanop@assembly.state.ny.us

**Albany Office:**

723 Legislative Office Building  
Albany, NY 12248  
518-455-5791

# PHIL PALMESANO - W

Dear Neighbor:

With the continued changes to programs that affect our residents, particularly seniors, I wanted to take this opportunity to provide you with information that might be helpful to you when seeking assistance or programs available to you.

Included in this bulletin is consumer information, important phone numbers, a Medicare alert and invitations to upcoming events hosted by their Office for the Aging in Steuben and Yates counties.

If you'd like to request brochures, have any questions or need any assistance, please don't hesitate to contact my office.

Sincerely,



Phil Palmesano  
Member of Assembly

## ALERT!

## NEW DATE FOR MEDICARE ADVA

In previous years, open enrollment for Medicare F...  
This year, the open enrollment dates will be chang...  
During the open enrollment period, you can join a...  
or advantage plan to another, or you can drop yo...  
opportunity to change Medicare coverage until ne...  
If you'd like more information or an appointment t...  
for the Aging and ask for an appointment with a H...

## WHAT IS AN OMBUDSMAN?

Long-term care Ombudsmen often are asked, **"What is an Ombudsman?"**

It means advocate and that is what volunteer Ombudsmen in this program are for residents of long-term care facilities. They are trained and certified by the state and visit facilities regularly. They receive complaints from residents, friends, staff or others. Whenever possible, the volunteer encourages residents to speak up for themselves, providing information and encouragement.

However, many times the person will need more assistance and the Ombudsman's role is to help investigate the problem. Confidentiality is an important consideration with the Ombudsman respecting the wishes of the long-term care facility resident. Assistance may be needed with a variety of issues including personal or medical care, food service, facility policy, neglect or abuse.

Other important goals of the program are monitoring the quality of care, helping protect individual rights and ensure all residents are treated with dignity and respect. Ombudsmen also work on system-wide issues. If you are someone that lives in a Steuben or Yates County long-term care facility and needs assistance with a complaint, you would like to become a part of this very important program, call the Steuben County Office for the Aging at 607-664-2298 or the Yates County Office for the Aging at 315-536-5515.

## YOU'RE

### Are You About To Retire?

Date: Thursday, October 6<sup>th</sup>

Location: Yates County Building Auditorium

Time: 5 p.m. – 7 p.m.

Learn about ways to spend your time and save your money!

Find out about Social Security, volunteering, living on a retirement income, employment opportunities, going back to school, starting a new career, health insurance, starting a small business, property tax savings, managing your debt and much more!

No registration is necessary.

For more information, contact the Yates County Office for the Aging at 315-536-5515.

# WORKING FOR SENIORS

## MEDICARE DRUG PLAN AND ADVANTAGE PLAN OPEN ENROLLMENTS

Prescription (Part D) and Medicare Advantage (Part C) plans ran from mid-November until December 31<sup>st</sup>. Open enrollment for Medicare Advantage plans ran from October 15<sup>th</sup> until December 7<sup>th</sup>, with the dates of your coverage becoming effective January 1<sup>st</sup>. You can enroll in a Medicare Advantage or Medicare drug plan for the first time. You can change from your current drug plan to a new Medicare Advantage or Medicare drug plan or return to original Medicare. For most people, this is the only local enrollment period next fall (although some people are eligible for “special enrollment periods”). To evaluate your current plan and see if there’s a more comprehensive one out there for you, call the Office of Health Insurance Counselor.

from care facilities. Ombudsmen can help with complaints, family members, and will help by

investigate and resolve issues of the long-term care, financial,

needs, and making decisions. If you know of a concern, or if

## INVITED!

### Aging in Place Event

Date: Thursday, Oct 27<sup>th</sup>

Location: Centenary United Methodist Church, 3 West Washington Street, Bath

Time: 10 a.m. – 12 p.m.

In conjunction with the Steuben Office for the Aging, Assemblyman Palmesano will be co-sponsoring an informational event, Aging in Place for You, for seniors in the 136<sup>th</sup> Assembly District. This event will provide older residents and their families with information on what types of services are available through the county and other local agencies.

The schedule for the morning includes a welcome from Mike Keane, director of the Steuben County Office for the Aging, comments by Assemblyman Palmesano and a message from William Armbruster, Associate State Director of AARP New York. Vendors will be set up from 9:30 a.m. until noon and refreshments will be served. For more information, contact Linda Tetor at the Steuben County Office for the Aging at 607-664-2298.

# IMPORTANT PHONE NUMBERS

## Toll-Free Numbers

AARP .....	800-687-2277
Alzheimer's Association .....	800-272-3900
American Cancer Society Response Hotline.....	800-227-2345
American Council of the Blind .....	800-424-8666
American Diabetes Association .....	800-342-2383
American Heart Association .....	800-242-8721
American Lung Association .....	800-586-4872
Arthritis Foundation .....	800-283-7800
Do Not Call Registry .....	888-382-1222
Elderly Pharmaceutical Insurance Coverage (EPIC).....	800-332-3742
Federal Tax Assistance .....	800-829-1040
Insurance Problems and Complaints .....	800-342-3736
Medicare and Medicaid Claims .....	800-633-4227
National Caregiving Foundation .....	800-930-1357
National Institute on Aging .....	800-222-2225
NYS Office for the Aging .....	800-342-9871
Senior Citizens' Hotline.....	800-342-9871
Senior Corps (RSVP Volunteer).....	202-606-5000
Social Security Administration .....	800-772-1213
State Tax Questions.....	800-457-5431
Utility Billing Problems .....	800-342-3377
Veteran's Affairs Benefits.....	800-827-1000
Veteran's Problems and Assistance .....	888-838-7697
Voter Information .....	800-367-8683

## Local Numbers

Steuben County Office for the Aging .....	607-664-2298
Steuben County Public Health Nursing.....	607-664-2438
Steuben County Department of Social Services.....	607-776-7611
Yates County Office for the Aging .....	315-536-5515
Yates County Public Health Nursing.....	315-536-5160
Yates County Department of Social Services.....	315-536-5183

INFORMATION BULLETIN

SENIOR SERVICES

PHIL PALMESANO'S  
ASSEMBLYMAN

New York State Assembly  
Albany, NY 12248

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