

December 2015

Dear Neighbor,

As a senior in New York State, there are a number of special programs designed just for you. This bulletin contains information on several important programs, including valuable nutrition programs that can provide you with a tasty, healthy meal right in your community.

I hope you will find the information in this bulletin helpful, but if you are unable to find what you are looking for, I have also included a list of important phone numbers for several agencies and senior associations. If you aren't sure which number to call, or have a question or concern about any state issue, please don't hesitate to contact my office. My staff and I are always here to help, and we look forward to hearing from you.

Sincerely,



Phil Palmesano



ASSEMBLYMAN
PHIL PALMESANO

Senior Services Bulletin

HONORING SENIOR VOLUNTEERS OF THE YEAR IN THE CAPITOL



Assemblyman Palmesano with Steuben County honorees Ruth Walters of Bath and Jane Jamison of Canisteo, his high school math teacher, in Albany.



Assemblyman Palmesano with Schuyler County Office of the Aging Director Tammy Waite and Schuyler County honorees Judith Haughey Phillips and Kenneth Wilson, both of Watkins Glen, in Albany.

PHIL PALMESANO – ADVOCATING FOR SENIORS

FIND HELP THROUGH THE LONG TERM CARE OMBUDSMAN

Certified Ombudsmen are committed to advocating for senior citizens in long term care and ensuring that residents' rights, unmet needs and complaints are handled and resolved effectively, while maintaining resident and complainant confidentiality.

If you know someone who lives in a long-term care facility and needs assistance with a concern, or if you would like to become a part of this very important program, please call your county's Office for the Aging.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

Studies have shown that seniors with community involvement and purpose are healthier and happier. RSVP offers adults aged 55 and older the opportunity to contribute their talents and experience to fulfill every conceivable service need in the community. These volunteers provide almost six million hours annually in conjunction with over 3,750 community organizations. RSVP projects are directed by local community needs and are supported by federal, state and local funding.

If you are interested in joining RSVP, please contact your local county's Office for the Aging.

NY CONNECTS: CHOICES FOR LONG TERM CARE

If you are committed, like so many others, to the prospect of aging in place, you may need help when challenges arise. However, many circumstances can prevent seniors from following this path. Regardless of your circumstances, the NY Connects Program can find solutions for you! The staff can provide accurate, unbiased information about all long-term care services for people of all ages and income levels. Caring professionals are ready to help you plan for care while remaining as independent as possible. They can assist you in finding bathing or housekeeping help, home delivered meals, transportation, therapies, applying for public benefits, long term or temporary home assistance following hospitalization, and much more! Call your local county's Office for the Aging and NY Connects can help YOU age in place!

SENIOR CITIZEN NUTRITION INFORMATION:

CHEMUNG COUNTY:

Advanced reservations are required for this program. Please call the Department (737-5520) at least one day prior to make reservations. See below for the site locations, dates, and times of service:

- **VILLA SERENE:** 399 East 14th Street, Elmira Heights – open Monday through Friday with approximate serving time at 11:00am.
- **GEORGE BRAGG TOWERS:** 115 Dewitt Avenue, Elmira – open Monday through Friday with approximate serving time at 11:30am.
- **EDWARD FLANNERY APARTMENTS:** 300 South Main Street, Elmira – open Monday through Friday with approximate serving time at 11:30am.
- **PARK TERRACE APARTMENTS:** 1281 Pennsylvania Avenue, Pine City – open Monday through Friday with approximate serving time at 11:30am.
- **RIVERSIDE METHODIST CHURCH:** 559 Spaulding Street, Elmira – open Wednesdays with approximate serving time at 11:30am.
- **BIG FLATS COMMUNITY CENTER:** 476 Maple Street, Big Flats – open every Monday, Wednesday and Thursday with approximate serving time at 11:30am.
- **HORSEHEADS AT BROAD STREET SCHOOL:** 800 W. Broad Street, Horseheads – open every Wednesday and Friday with approximate serving time at 11:30am.
- **RETIREMENT ESTATES:** 24 Retirement Drive, Horseheads - open the third Tuesday of each month with approximate serving time at 11:30am.

SENECA COUNTY:

Lunch is served Monday-Friday at noon unless noted otherwise.

CONGREGATE MEALS - The program provides participants with a hot noon meal containing 1/3 RDA, five days a week at three sites throughout the county. The suggested contribution is \$2.25/meal for persons over 60 years of age. The meal charge for guests and OFA staff under 60 is \$3.50/meal. Reservations are to be made 24 hours in advance by calling one of the following sites:

- **OFFICE FOR THE AGING:** 1 DiPronio Drive, Waterloo, NY 13165 • (315)539-1765
- **VERONA VILLAGE:** 2276 County Road 139, Ovid, NY 14521 • (607)869-2275
- **FIRST BAPTIST CHURCH** (shared site with

Tompkins County) Seneca Road:

Trumansburg, NY 14886 • (607)387-3015

SCHUYLER COUNTY:

Reservations appreciated but not mandatory: (607) 535-7470

- **MONTOUR FALLS:** Silver Spoon Café, 323 Owego Street Montour Falls, NY • Monday-Friday 10:30am- 1:00pm
- **HECTOR:** First Presbyterian Church, Route 414 Hector, NY • Thursdays 10:30am- 1:30pm
- **MONTEREY FIRE HALL:** 1465 South Street, Monterey, NY • Tuesdays 11:00am- 1:00pm
- **TYRONE UNITED METHODIST CHURCH:** 3647 Church Hill Road Tyrone, NY • Wednesdays 11:00am- 1:00pm

STEBEN COUNTY:

Lunch is served Monday-Friday at noon unless noted otherwise. To make a reservation, call your local dinner club at least one day in advance. Nutrition sites are manned part time only.

Dinner Club Locations

- **ADDISON PLACE APARTMENTS:** 43 William Street, Addison, New York 14801 (607) 377-9951
 - **CLYDE F. SIMON LAKEVIEW APARTMENTS:** 105 Geneva Street, Bath, New York 14810 (607) 776-4310 • No Reservation Required Lunch served at 11:30am
 - **CORNING SENIOR CENTER:** 1 Park Lane, Corning, New York 14830 • (607) 962-2009
 - **DAYSPRING II APARTMENTS:** 220 Tioga Avenue, Corning, New York 14830 (607) 769-9786
 - **HAMMONDSPORT PRESBYTERIAN CHURCH:** 1 Park Place, Hammondsport, NY 14840 (607)569-2712 • Open Tuesdays only
 - **HORNELL CHURCH STREET COURT:** Church Street Apartments, Hornell, New York 14843 • (607) 324-0814
 - **HORNELL SENIOR CENTER:** 20 Broadway Mall Hornell, New York 14843 • (607) 324-8609
 - **PULTENEY PRESBYTERIAN CHURCH:** County Route 74, Pulteney, New York 14874 (607) 522-5121 • Open Mondays and
- ### YATES COUNTY:
- **ST. MARK'S TERRACE DUNDEE:** 36 Millard St Dundee, NY 14837 • Call for Reservations: (315) 536-6038, open M-F, 12-1

IMPORTANT PHONE NUMBERS

IMPORTANT ASSOCIATION AND TOLL-FREE NUMBERS:

AARP.....	888-687-2277
Alzheimer's Association	800-272-3900
Arthritis Foundation	800-283-7800
Elderly Pharmaceutical Insurance Coverage (EPIC)...	800-332-3742
Insurance Programs 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
NY Connects	866-221-7324
NYS Office for the Aging/Senior's Hotline	800-342-9871
Senior Corps (RSVP Volunteer Program)	202-606-5000
Social Security Administration	800-772-1213
Health Insurance Counseling (HIICAP)	800-701-0501
Association of Mature American Citizens	888-262-2006
NYS Division of Veterans Affairs.....	888-838-7697

IMPORTANT LOCAL NUMBERS:

Chemung County Office for the Aging	607-737-5520
Schuyler County Office for the Aging	607-535-7108
Seneca County Office for the Aging	315-539-1765
Steuben County Office for the Aging	607-664-2298
Yates County Office for the Aging.....	315-536-5515



ASSEMBLYMAN

PHIL

PALMESANO



District Office:

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

Albany Office:

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