

Action  
for Older Persons

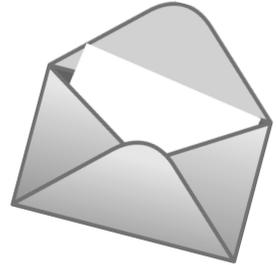
# Mature Messenger

Spring 2021  
April ~ May ~ June

# Keep Your Eye Out for Your AOP Membership Renewal in the Mail

## Why Renew?

Your membership benefits as **individual** (\$25), **family** (\$40) or **supporting** (\$60) member:



- **Early Access, Skip the Rush:** Members get a week earlier access to schedule an appointment for our Medicare Open Enrollment Counseling Appointments
- **Free Assistance:** Completing living wills and health care proxies, while others pay \$10
- **Free subscriptions:** AOP's *Mature Messenger* and subscription to AOP's *Mini-Messenger* e-newsletter that will focus on necessary alerts, such as scams targeting seniors and other important info
- **Priority reservations:** When space is limited for AOP Seminars and priority consideration for obtaining AOP services on wait lists
- **Free lamination:** Of your Medicare card and *free* shredding of private, confidential materials at AOP's annual *Shredding Day*



# Supporting membership (\$60) Additional Benefits:

- Recognition in AOP's Annual Campaign Contributors' Listing in the Mature Messenger
- Access to select AOP-copyrighted materials
- Access to technology tutoring including a yearly, private, free half-hour computer, tablet, or cellphone tutoring session and a \$5 hourly discount on any follow-up tutoring

All Memberships last one year from sign-up

The financial support AOP receives during the Annual Membership Drive is used to fund tried-and-true initiatives that provide:

- advocacy
- individualized counseling
- unbiased information to empower older adults and their families to make informed decisions.

In a community that is aging faster than state and national averages, these efforts are more vital than ever.

Your membership and support truly makes a difference.

Don't hesitate. Become a 2021 AOP member today.



Prevention and early detection are keys to staying healthy. If you are enrolled in Medicare, you are eligible for a variety of preventive services that can help prevent health challenges or help detect health problems early, when treatment works best. Many people are familiar with the most common preventive services, such as mammograms and colonoscopies. Yet, there are a variety of other services that are not taken advantage of as frequently.

**National Immunization Week falls at the end of April. Did you know that COVID-19, Flu, Hepatitis B, and Pneumococcal shots are Preventive services covered by Medicare Part B?**

**COVID-19 Vaccine:** Covers FDA-approved COVID-19 vaccines. You pay nothing for this vaccine.

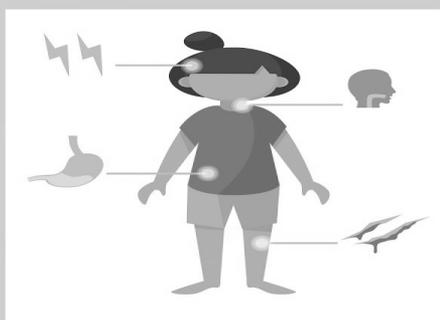
**Flu shot:** Covers one flu shot per flu season.

**Hepatitis B shots:** Covers these shots if you're at medium or high risk for Hepatitis B.

**Pneumococcal vaccine:** Covers two different pneumococcal shots. Part B covers the first shot at any time and a different, second shot if it's given at least one year after the first shot.

# What other Preventive Services are covered at no cost?

- Welcome to Medicare Visit (within first 12 months of having Part B)
- Annual Wellness Visit
- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Counseling
- Bone Mass Screening
- Breast Cancer Screening
- Cardiovascular Risk Reduction Visits
- Cervical and Vaginal Cancer Screenings
- Colorectal Cancer Screenings
- Depression Screening
- Diabetes Screening
- Glaucoma Screening
- Heart Disease Screening
- HIV Screening
- Lung Cancer Screening
- Medical Nutrition Therapy
- Obesity Screening and Counseling
- Prostate Cancer Screening
- Sexually Transmitted Infection Screening and Counseling
- Tobacco Use Cessation and Counseling





# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Earlier this year *New York Times* shared an article explaining difficult experiences with end-of-life decisions, advanced directives, and medical providers understanding these decisions. It demonstrated how critical it is to have the tougher discussions, now, with all who are involved with your care and your every day life.

National Healthcare Decisions Day (NHDD)  
occurs every April 16th

It is not easy to think about a time when we may not be able to make our own healthcare decisions. There is a general stigma and fear that prevent many from broaching the topic with themselves and those that surround them. NHDD was created to highlight the importance of completing advanced directives - such as health care proxies and living wills - to plan ahead for medical crises later on. A health care proxy is someone you personally designate to make medical decisions on your behalf if, for whatever reason, you become incapacitated. A living will is a tool used by a proxy that describes what your preferences are in regard to life-sustaining treatment. The decisions you make now will have a positive impact on making sure your wishes are followed and known by your loved ones and health providers.

Action for Older Persons offers monthly seminars that discuss Advanced Planning for the End of Life (APEL) as well as individual consultations. The APEL program offers assistance in completing some advanced directives, including health care proxies and living wills.

# Advanced Planning for End of Life

## What services does APEL provide?

APEL helps individuals learn about what advanced directives are, their purpose, who needs to fill them out, and how to fill them out. APEL informs individuals on how to start conversations about health care proxies and wishes regarding medical treatments with family members and health providers. The program provides guidance on what to keep in mind when appointing a health care proxy and filling out a living will and provides health care proxy forms and living will booklets, including the very popular *Five Wishes*.

APEL staff give community presentations in different healthcare and recreational settings, as well as monthly seminars in the office. APEL educates others on the authority of a health care proxy. APEL staff can also shed light on the role of do-not-resuscitate orders and Medical Orders for Life Sustaining Treatment.

Join Us For APEL

One-on-One Appointments:

**Please call 607-722-1251 for dates and times!**



All of us at Action for Older Persons and the Chenango County Area Agency on Aging want to congratulate Linda Bartle for 20 years of volunteer service in the Long-Term Care Ombudsman Program! Linda began as an advocate for residents in Nursing Homes and Adult Care Facilities

through the Chenango County Area Agency on Agency in April 2001. In 2015 the program shifted to a new organization, Action for Older Persons, and Linda continued with the program by assisting residents with their questions and concerns and helping to resolve them on the resident's behalf. Through the years Linda has helped residents of both Chenango Valley Home and Valley View Manor. She even participated in a Resident Council at NYS Veterans Home at Oxford to help encourage residents to actively participate in the changes and decisions being made at their facility. Caring, compassionate, and supportive are a few of the words that describe Linda and her amazing efforts to help residents over the past 20 years. There is no way to express our gratitude deeply enough. Congratulations on 20 years of volunteer service Linda, we thank you from the bottom of our hearts.

## Volunteer Spotlight

Long-Term Care Ombudsman Program

Linda Bartle



Volunteerism has changed a great deal since the beginning of 2020 as COVID-19 began to overrun our every day lives. The virus required quarantining, safe distancing, working remotely, and completely rearranging our normal routines. While the pandemic has been devastating, we have watched a year of incredible human beings reaching out in ways we never could have imagined. Volunteering to help their friends, neighbors, and strangers in this great time of need.

Action for Older Persons' staff would like to thank the volunteers who continued to support our programs and those we serve in various ways. HIICAP insurance counseling appointments were held virtually. Residents of Long-Term Care facilities received calls from our Ombudsman. Administrative volunteers helped to keep us running by learning various ways to volunteer remotely. It was an overhaul of the processes they were used to, but our volunteers knew the need for the services that they provide and were willing to give their time to serve our community. We are so inspired by these individuals daily and have been provided with hope from their good deeds.



There will never be enough ways to say or show how grateful we are.  
**THANK YOU!**

# New Supporting Members

We want to thank the following members for joining our Supporting Membership level at \$60 or more a year.

Beverly Fassett

Ken Mebert

Donald Hayward

Laurie Patton

Edward S. Brower

Monty Micha

Eric St. John

Richard Escott

Esther Meagher

Robert Mead

James Kaczynski

James Smith

Jerome Reardon

**THANK  
YOU**

# Webinar Series

Space is limited. **Registration Required.**  
Please call AOP at 607-722-1251 to register.

## PLEASE NOTE:

We're continuing to hold our seminars safely via the ZOOM online application. For more information or to sign up for a seminar, call AOP at 607-722-1251. You will need to provide an **email address** when registering!

## Aging Sensitivity Training & Long-Term Care Ombudsman Program (LTCOP)

This combination seminar includes a hands on training program that will help you to become more empathetic and understanding when assisting aging persons. We will review the five senses and how they change as we age.

We will also discuss the role of the Ombudsman Program in advocating for residents in long-term care facilities who are going through these changes. It makes sense that the more aware you are of what the person may be experiencing, the more effective you may become in relating to the person.

In many long-term care facilities residents equate their quality of care and quality of life with how nicely the staff treat them. A kind word goes a long way!

Please call for dates & times!

# Medicare 101

Join us for a comprehensive Medicare seminar. Learn about the four Parts of Medicare - A, B, C & D, eligibility, and enrollment. Receive an overview of options for additional coverage such as Medicare Advantage plans and supplemental policies, ways to save money with various assistance programs including NYS EPIC, and preventive benefits that can preserve and enhance your life. It is advisable to attend this seminar prior to attending the MAPS vs. GAPS seminar.

Wednesday, April 14th at 1:00pm

Wednesday, May 12th at 1:00pm

Wednesday, June 9th at 1:00pm

## Medicare Advantage Plans vs. Medigap

Join us for a seminar on the use of Medicare Advantage Plans (MAP) versus Medigap (Medicare Supplement) Policies. You will learn the differences between Original Medicare and MAPs, as well as the different types of MAPs (HMO, PPO, and PFFS plans). You will also learn how Medigap insurance options cover some or all of the remaining costs after Medicare pays for a medical or hospital service. What option is best for you?

Wednesday, April 21 at 1:00pm

Wednesday, May 19th at 1:00pm

Wednesday, June 16th at 1:00pm

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## Long-Term Care Insurance

A comprehensive seminar on the various ways to plan for and pay for long-term care. You will learn eligibility guidelines, affordability and risk factors, as well as the various options to offset the costs, including long-term care insurance, NY State Partnership Plans, and the role of Medicare and Medicaid.

Thursday, April 15th at 1:00pm

Thursday, May 13th at 1:00pm

Thursday, June 10th at 1:00pm

## Advanced Planning for End of Life

Join us for a comprehensive seminar on advanced directives. You will learn how to select and assign a health care proxy, complete a living will, and broach the subject of end of life decisions with your family. All participants will receive the necessary documents for free.

Please call for dates & times!

## Medicaid and Nursing Home Care

Join AOP for an overview on using Medicaid to pay for a nursing home stay—whether for you, a spouse, parent, or other loved one. Topics include an introduction to financial guidelines, the five year lookback, spousal impoverishment laws, etc. We can also answer questions about long-term care insurance policies and the use of Medicaid.

Thursday, April 22nd at 1:00pm

Thursday, May 20th at 1:00pm

Thursday, June 17th at 1:00pm

## Managed Long-Term Care (ICAN)

Are daily tasks such as bathing, toileting, dressing, and food preparation difficult for you or a loved one? Are you eligible for Medicare and Medicaid? Are you looking for a way to remain in your home or to keep a loved one at home? If you've answered yes to these questions, this presentation is an excellent source of information for you. Join AOP to learn about Managed Long-Term Care Plans, the services they provide, how to enroll, and eligibility criteria.

Please call for dates & times!

# HANGING BASKET FUNDRAISER



## EACH PURCHASE HELPS SUPPORT AOP!

### 1 PLACE YOUR ORDER - ONLY \$25 EACH

Complete and return the form below, or call Action for Older Persons at 607-722-1251 during the month of April to place your order.

### 2 WAIT FOR YOUR VOUCHER

We will mail your voucher after payment has been received.

### 3 PICK UP YOUR HANGING BASKET

Starting May 9 (Mother's Day), bring your voucher to:  
Nanticoke Gardens, 1543 Union Center Highway, Endicott, NY  
Pick up is May 9th until June 30th

#### Plant types include but are not limited to:

Calibrachoa (million bells), Begonias, Ivy Geraniums, Double Impatiens, & Petunias!

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## HANGING BASKET ORDER FORM

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Number of Vouchers \_\_\_\_\_ Total (\$25/each) \$ \_\_\_\_\_

Make checks payable to Action for Older Persons. Submit this form and your check to:

Action for Older Persons, 200 Plaza Dr, Suite B, Vestal, NY 13850

To make a purchase by credit card, call AOP at 607-722-1251.

# **Action For Older Persons**

200 Plaza Drive, Suite B  
Vestal, NY 13850  
607-722-1251

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