

Action for Older Persons

Information you can count on ~ Assistance you can trust

609 East Main Street, Suite 11

Endicott, NY 13760

607-722-1251

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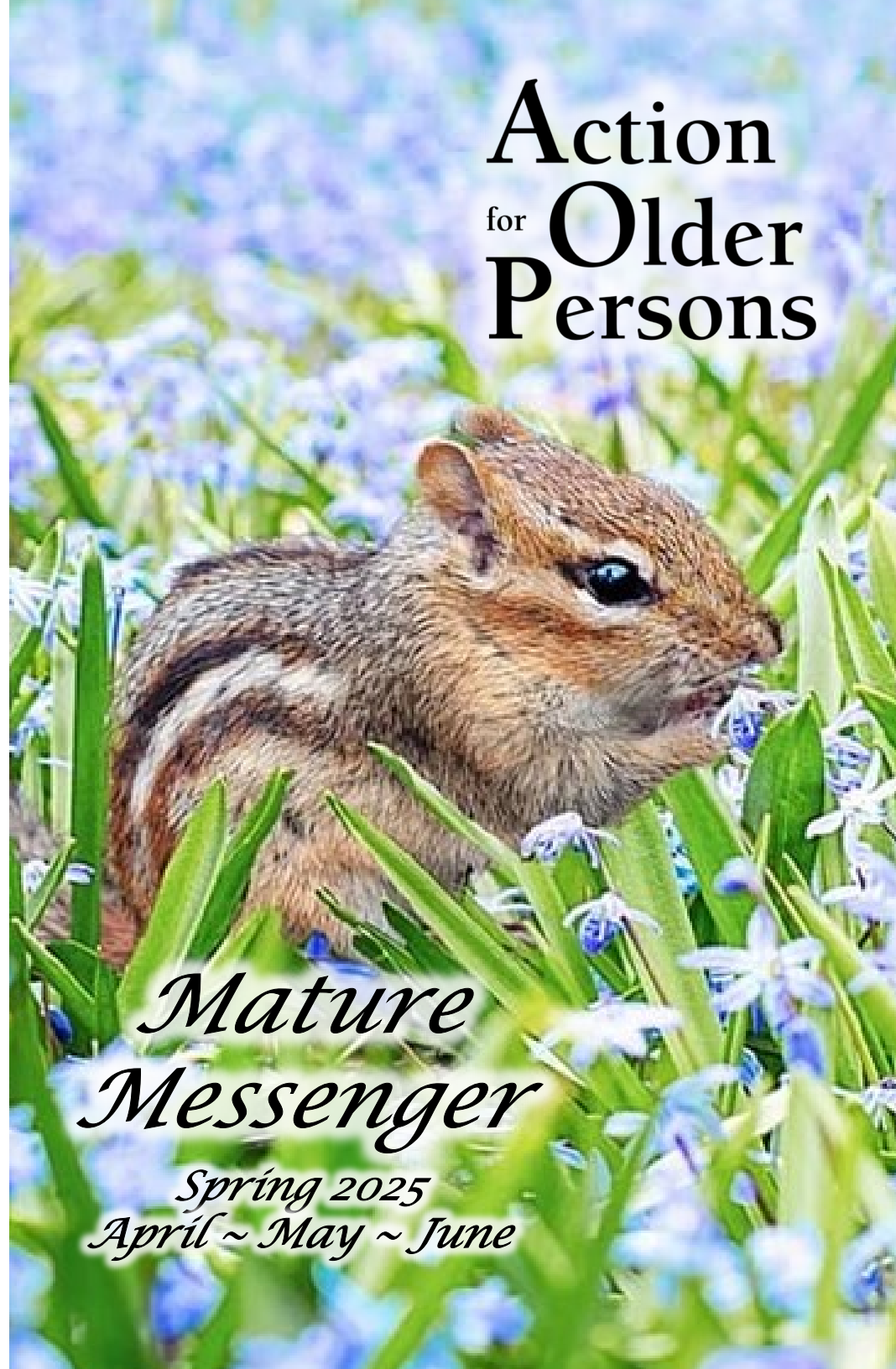
Jean Westcott

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Action for Older Persons

Mature Messenger

*Spring 2025
April ~ May ~ June*



Staff Spotlight



Introducing Action for Older Persons' newest Long-Term Care Ombudsman



Prior to joining Action for Older Persons Danella spent over 20 years in the medical field. She is looking forward to being a voice for residents in long-term care facilities who are often not heard.

Introducing Danella Pointer

In her spare time you can find Danella fishing or watching her beloved Philadelphia Eagles.

Andrea has more than 25 years experience caring for seniors in our community. Prior to joining AOP, Andrea's career progressed from a Certified Nursing Assistant to Admissions Coordinator at an area nursing home.

Andrea is looking forward to advocating for the elder population in our long-term care settings across Broome, Tioga, and Delaware counties.

In her spare time, Andrea enjoys cooking, reading and spending time with family and friends.



Introducing Andrea Brennan

Action for Older Persons 2025 Proxy Form

Let it be known that the undersigned, being a current member of Action for Older Persons, Inc. in the year 2025, does hereby grant to _____

(Print Proxy's name)

a proxy vote on behalf of the undersigned at the Annual Meeting on June 18, 2025 at 8:00 am and said proxy holder is entitled to attend said meeting on my behalf and enter my vote through proxy.

During the pendency of the proxy, all rights to the vote shall be held by the proxy holder and shall not be voted by the undersigned, provided the undersigned may revoke this proxy at any time.

Print Your Name

Signature

Date

Day Time Phone

Please Mail Proxy by June 11, 2025

HELP US ADVOCATE FOR LONG-TERM CARE RESIDENTS

Residents in nursing homes face challenging situations every day. Those covered by Medicaid are only allowed to retain a small amount of their monthly income.

This amount, known as a Personal Needs Allowance (PNA), is \$50, and has not been increased since the 1980s. \$50 in the 1980s is equivalent to \$177 today.

What can the personal needs allowance be used for? Anything Medicaid does not cover.

For example:

- clothes • shoes • beauty/barber services
- slippers • cell phone services • books/reading materials
- writing materials (stamps, stationary, etc.)
- cards to family/friends (i.e. Birthday card)
- favorite foods or treats • telephone, cable tv, internet
- music • hobby materials

Help us to give these residents a voice and make a difference. If you are in a nursing home or know someone in a nursing home, call or email us and tell us your story. All stories are anonymous.

Call 607- 722-1251 to speak with Dani LaBare or email
dlabare@actionforolderpersons.org.



Medicare Savings Program & Recertifications

The Medicare Savings Program (MSP) helps pay for Medicare costs. The MSP pays the Part B premium (\$185 per month) that is taken out of your Social Security. It also qualifies you for the Extra Help Program which pays for a drug plan up to \$72.34 per month and lowers your drug copays to \$4.90 for a generic medication and \$12.15 for a brand name medication.

**The Medicare
Savings Program can
save you at least
\$2,200 a Year!
Do you qualify?**



The MSP looks only at income, not savings or investments. The monthly income limits for 2025 are \$2,446 for single individuals and \$3,299 for married individuals. If you are within \$100 of these income limits, call us as we may be able to help you qualify. The application is free and can be submitted at any time. Call AOP at (607) 722-1251 for help with the MSP application, MSP recertifications, or for any of your other Medicare questions.



**Action
for Older
Persons**

LTCOP: Giving Nursing Home Residents a Voice

Long-Term Care Ombudsmen provide a “regular presence” in facilities and because of this, are able to get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities. For those residents without any family or loved ones, Ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsman becomes a “voice for the voiceless” and a lifeline for those who need assistance when they feel like they have nobody to turn to.

LTCOP volunteer Ombudsman bring compassion and understanding to the residents of long-term care facilities in our community. They serve residents not because they have the time, but because they have the “heart”. If you are interested in becoming a “voice for the voiceless”, contact Danielle LaBare (607)722-1251 or dlabare@actionforolderpersons.org for more information.



**Office of the State
Long Term Care
Ombudsman**

Please Consider Becoming an AOP Member

To learn more about the benefits of an
AOP Membership Visit our website at
actionforolderpersons.org/become-a-member
or call **607-722-1251**

Jessie Stone He
Eileen and Kenneth Sullivan
Mary Ann Sylvester
Geraldine and William Tastle
Caroline and Phillip Vadala
Debra and Dean Warrick
Patricia and Michael Wells
E Gene and Donald Werner
Catherine Williams
John Zdimal

*Gifts made in memory of the following
individuals:*

Diane Gleason

*Gifts were made in honor of the
following individuals:*

Anonymous
Dorothy Erney
Tom Hoke
Deb Pichette
Evelyn Schmidt
Marge Serino
Michael Tahzer
Jane Talbot
Harold Weisbrod
The Kopozak, Laskoski, & Matuszak
Family



This listing reflects gifts received through March 7, 2025.

If we have made an error or omission, please let us know!

Thanking our Wonderful Supporting Members and Donors

The listing below acknowledges the special commitment of our supporting members and individual donors who have contributed \$60 or more during our 2025 Annual Membership Campaign. We hope you will renew your Membership in 2025 to help AOP continue its vital mission.

Laurie and Kevin Anderson
Eve Berman and Bruce Roberts
Albert and Beverly Billings
Donna Bomysoad
Elizabeth Botha-Antoun
Carol Breehey
Jane Brown
Jennifer Burdick
Thomas Canny and Diane Murray
Robin Chodkowski
Elizabeth and William Cline
Vicki and Walter Coleman
Susan and Edward Collins
James and Marsha Conrad
Richard Cook
Debby and George DeGroat
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Maria and Gerald Motsavage
Beth Norton
Thomas and Rita Novitsky
Suzanne and Fred Osborn
Patricia and Norman Pineau
Barbara Robinson
Ron Romano and Linda Young
Gary and Joni Sanders
J. David Schaffer
Lisa and Thomas Schuhle
Victoria Seaman
Gerald and Mary Serbonich
Ron Seymour
Joseph and Donna Silvanic
Paul Spencer
Mary and Duane Spilde
Norma Starner
Mary and James Stasko
Lorna and Conrad Steigerwald

**National
Volunteer
Week 2025
April 20-26**



**We Love
Our
Volunteers!**



HIICAP: Empower ~ Educate ~ Assist



**Health Insurance
Information, Counseling
and Assistance Program**

Our Health Insurance Information,
Counseling and Assistance

Program offers one-on-one assistance, counseling and education to help Medicare beneficiaries, their families, and caregivers make informed decisions about their health care and benefits.

Because of the complexity of Medicare, volunteers are required to complete training and pass a state certification exam prior to counseling. We currently have a team of 16 volunteers assisting Broome County residents.

If you are looking for an extremely rewarding volunteer opportunity and would like to join our team, give us a call to learn more about becoming a HIICAP volunteer. Contact LeAnn Keim at 607-722-1251 or at lkeim@actionforolderpersons.org.



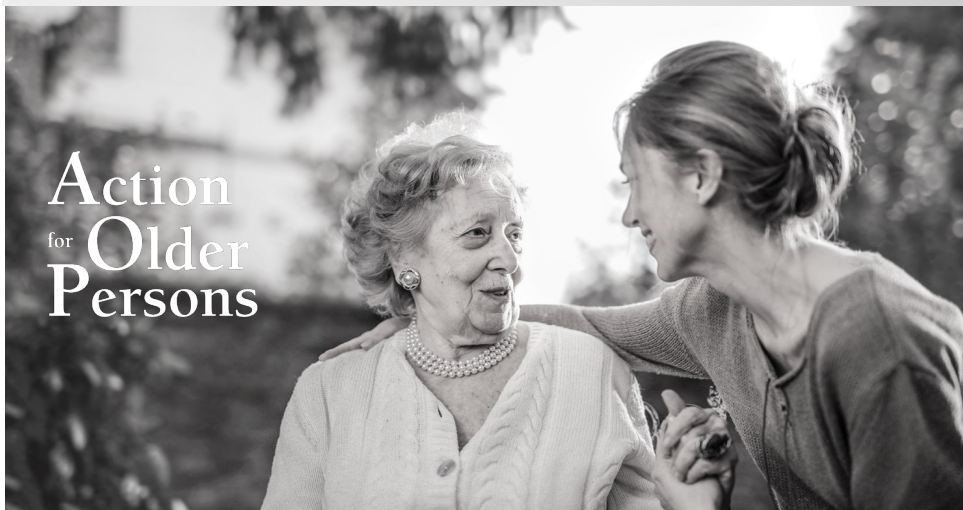
Independent Consumer Advocacy Network

Action for Older Persons' **ICAN program** can help you navigate the process of obtaining long-term care services through Medicaid. We can help with:

- **Medicaid eligibility and enrollment**
- Obtaining a long-term care assessment through the New York State Independent Assessor Program
- Choosing a long-term care plan that's right for you
- ***Help you appeal a denial or reduction of services from your health plan through informal advocacy and formal appeal processes***
- Report to the NY State Department of Health complaints about Medicaid Managed Long-Term Care Plans
- **Provide educational outreach to inform New Yorkers about their long-term care options and rights through Medicaid**



***If you or a loved one needs more care than you can provide?
A Medicaid Long-Term Care Plan could help!***



WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH



WORLD ELDER ABUSE
• AWARENESS DAY •

World Elder Abuse Awareness Day

(WEAAD) was launched by the

International Network for the Prevention

of Elder Abuse and the World Health Organization at the United

Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.



In a society that values the just treatment of all people, WEAAD reminds us that elder abuse has implications for all of us, so it's important to find the right solutions to reduce and prevent it.

WEAAD serves as a call-to-

action for individuals, organizations, and communities to educate each other on how to identify, address, and prevent abuse.

ATTENTION!



MEDICARE SCAMS

Medicare will never call you on the phone.

NEVER give out your Medicare number to someone who has called you!

If you are contacted by someone about your Medicare, hang up and call Medicare directly for questions

MEDICARE: 1-800-633-4227

Facilitated Enrollment Aged, Blind & Disabled

Do You Need Health Insurance ?

If you are 65 or older, blind or disabled and need assistance applying for health insurance, our facilitated enrollers can help!



We can help you apply for:

- ♦ Medicaid
- ♦ Medicaid for Nursing Home or Long-term Care
- ♦ Medicaid Excess Income / Resource Programs
- ♦ Medicaid Buy in for Working People with Disabilities
- ♦ Medicare Savings Program

Call 607-722-1251 to make an appointment.

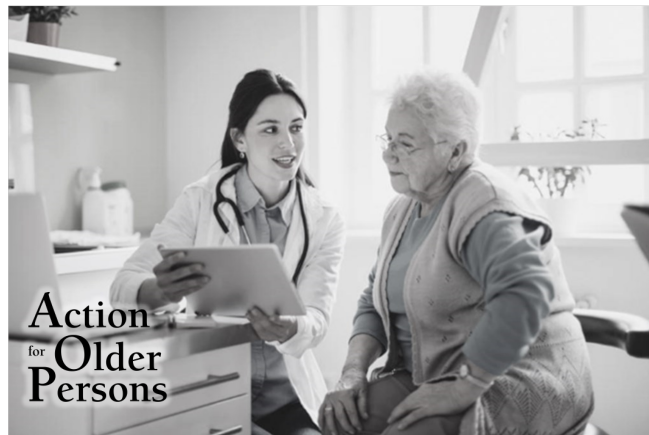
CSS Community
Service
Society

**Action
for
Older
Persons**

AOP's FE-ABD program serves Chenango, Cortland,
Otsego and Delaware Counties.

Medicare Part B Preventive & Screening Services

Did you know that Medicare covers many preventive services to help beneficiaries remain healthy? CMS Publication (#10110) titled Your Guide to Medicare Preventive Services details all these services offered and how frequently they can be accessed. This guide states, “Preventive services can find health problems early, when treatment works best, and can help keep you from getting certain diseases. Preventive services include exams, shots, lab tests and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.”



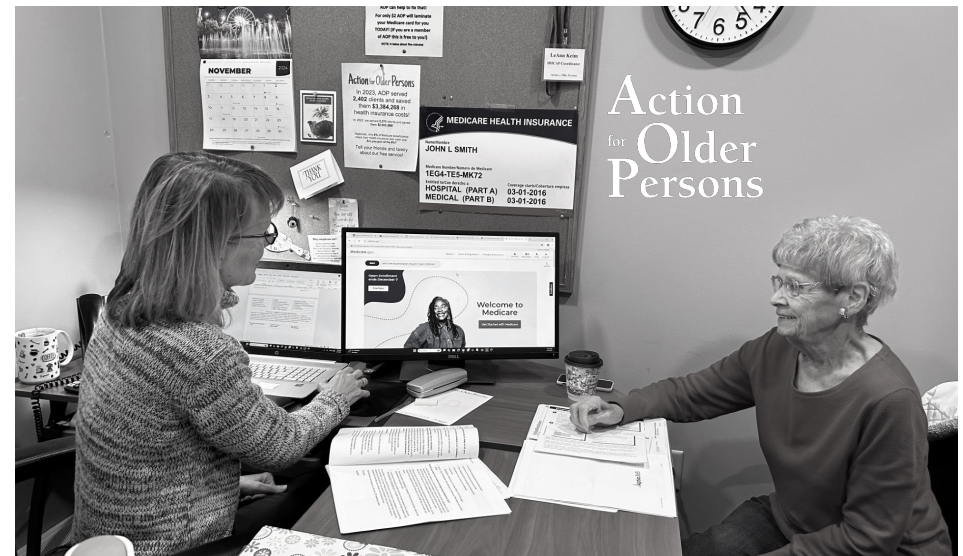
If you want a copy of this publication, you can order it by going to www.medicare.gov, then typing order publication 10110 in the search bar or by calling Medicare at 1-800-Medicare. You may also get this publication at AOP.

Call us at (607) 722-1251.

Medicaid Long-Term Care Options

If you, a spouse, a parent, or other loved one needs long-term care, whether in a nursing facility or in your own home, we will review the eligibility criteria for Medicaid to pay for these services. Topics will include an introduction to financial guidelines, the five-year lookback, and spousal impoverishment laws. You will also learn about Medicaid Managed Long-term Care (MLTC) plans that can provide community based long-term care services and support in your home.

Tuesday, May 6 from 1:00 to 2:00 pm



Advanced Planning for End of Life

Join us for an introductory 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.

Wednesday, June 11 from 9:30 to 10:30 am

Seminar Series

Space is limited *Registration is Required*

Call AOP to Reserve your spot

607-722-1251

Long-Term Care Insurance

Join us for a comprehensive seminar on various ways to plan for and pay for long-term care. You will learn eligibility guidelines, affordability, and risk factors as well as various options to offset costs.

Thursday, April 17 from 1:00 to 2:00 pm

Tuesday, May 27 from 1:00 to 2:00 pm

Medicare 101

This is a comprehensive seminar on Medicare. We'll cover eligibility, enrollment rules, and all Medicare options. We will also talk about savings programs that are available to help defer Medicare costs and preventive benefits that can enhance and preserve your health.

Thursday, April 17 from 9:00 to 11:00 am

Tuesday, May 6 from 9:00 to 11:00 am

Tuesday, May 27 from 9:00 to 11:00 am

Tuesday, June 17 from 9:00 to 11:00 am

The Following Services Are Covered Under Medicare

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
 - Mammograms (screening)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
 - HIV screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
 - Glaucoma tests
- Hepatitis B Virus (HBV) infection screening
 - Hepatitis C screening test
- Cervical & vaginal cancer screening
 - Lung cancer screening
- Bone mass measurements (bone density)
 - Nutrition therapy services
- Obesity screenings & counseling
 - Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infections screening & counseling
 - Tobacco use cessation counseling
- "Welcome to Medicare" preventive visit
 - Yearly "Wellness" visit
- Shots: COVID-19 vaccines ~ Flu shots ~ Hepatitis B shots
Pneumococcal shots ~ Shingles shots

Action for Older Persons

Your membership to AOP helps support these
valuable programs, Thank You!!

ICAN, the Independent Consumer Advocacy Network
Advocates for individuals with Medicaid who need long-term care services in order for them to remain in their homes and communities.



HIICAP, the Health Insurance Information Counseling & Assistance Program provides free, unbiased help with health insurance questions and concerns often saving seniors hundreds of dollars a year on their insurance!



LTCOP, the Long-Term Care Ombudsman Program is dedicated to enhancing the quality of life for residents of long-term care facilities. AOP's Ombudsmen visit facilities regularly to assist residents and advocate on their behalf.



Facilitated Enrollment for the Aged, Blind and Disabled Program. FE-ABD is a New York State-sponsored public health insurance application assistance program for people who are aged, blind or disabled.



Additional program and services include the E-MDT and A-MDT programs which safeguards victims of abuse, Advanced Planning for End of Life, monthly educational seminars and more!



2025 Annual Meeting & 3rd Annual Breakfast Banquet

June 18, 2025

8:00 to 10:30 AM

Phelps Mansion Museum

Action for Older Persons' Board of Directors and staff invite you to join us on June 18th at the historic Phelps Mansion Museum for our 2025 Annual Meeting. You will enjoy a delicious breakfast as we celebrate our accomplishments of 2024, and look forward to what's to come in 2025.

Get your tickets now!

Tickets are \$25 each

**To order tickets, visit www.actionforolderpersons.org,
or call our offices at 607-722-1251**

*If you are a current member but cannot attend, please consider sending in a proxy form (located at the back of the newsletter) and return it to our offices at:
609 E. Main Street, Suite 11, Endicott, NY 13760*

*If you have not yet renewed your membership for 2025, please visit our website at
www.actionforolderpersons.org
or call 607-722-1251
for membership levels and benefits.*