Happy New Year! For many of us the New Year is a time to accomplish a personal goal, break a habit, or make positive lifestyle changes. It is a tradition where we look back at the previous year and attempt to make improvements as the new year begins. According to an article published by AARP, “A New Year, A New You?”, the following list offers tips that can help you stay healthy and happy in the New Year:

1. **Exercise**
   We all know that exercise is essential for good health, but most people don’t get enough of it. Most experts recommend at least 30 minutes of pulse-raising exercise a minimum of three to five days a week. The good news is: you don’t need an expensive gym membership or fancy equipment to get active. Find ways to save money and get the exercise you need in the comfort of your own home.

2. **Boost Your Brain Health**
   Exercise isn’t only essential for your body, it’s also good for your brain. Scientists have found that regular physical and mental activity can actually boost brain health by helping to grow new brain cells. Check out AARP’s Brain Games and play your way to better brain health.

3. **Eat Healthier**
   This is another no-brainer, but for some reason sticking to it is one of the hardest resolutions. There is so much temptation out there that eating healthy can seem like a daunting task. The trick? Start by making small, manageable changes in your eating habits (think smaller portions or add an extra serving of veggies to each meal), and don’t deprive yourself of the foods you love.

4. **De-Stress**
   While getting rid of all the stress in your life is probably not possible (or even healthy), learning to better manage stress can help improve your outlook on life, as well as your overall health. Find tips for managing stress and help beat those winter blahs.
5. **Re-Connect**
Did you know that your social life - the time you spend with friends and family - can help make you healthier? Make time to reconnect with old friends or make new ones and help improve your health and well-being.

From all of us at the Area Agency on Aging, we wish you a happy and healthy New Year!


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**Medicare Savings Program and Medicaid Expansion in New York State:**
You might be eligible for Substantial Savings in 2023!

- Eligibility for Medicare Saving Program (MSP) and Medicaid will expand in 2023.
- This is the first significant change in eligibility in the MSP program in 40 years!
- Raising the MSP income eligibility will help hundreds of thousands of additional New Yorkers!

The Medicare Savings Program (MSP) helps older adults and people with disabilities living on limited incomes by paying their monthly Medicare Part B premiums (2023 Part B premium will be $164.90) and automatically enrolling them in “Extra Help” (Limited Income Subsidy). Extra Help is the federal prescription drug subsidy program. This financial assistance can be a lifeline, allowing enrollees to maintain their Medicare coverage, access needed care, and afford other necessities like food and rent.

Medicaid is a healthcare insurance program for Americans with limited income and, in some cases, limited financial assets. Medicaid is available nationwide, but coverage and eligibility rules vary from state to state, as the program is jointly run by the federal and state governments.

**New York Gross Monthly Income Limits**

<table>
<thead>
<tr>
<th>Program</th>
<th>Individuals</th>
<th>Couples</th>
</tr>
</thead>
<tbody>
<tr>
<td>QI</td>
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<td>$2,839</td>
</tr>
<tr>
<td>QMB</td>
<td>$1,536</td>
<td>$2,106</td>
</tr>
<tr>
<td>Medicaid</td>
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<td>$2,106</td>
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**New York Asset Limits**

<table>
<thead>
<tr>
<th>Program</th>
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</tr>
</thead>
<tbody>
<tr>
<td>QI</td>
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<td>No Limit</td>
</tr>
<tr>
<td>QMB</td>
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<td>No Limit</td>
</tr>
<tr>
<td>Medicaid</td>
<td>$28,134</td>
<td>$37,908</td>
</tr>
</tbody>
</table>


To determine if you qualify, please call the Cortland County Area Agency on Aging/ NY Connects Office at 607-753-5060 or 607-756-3485. Emails may be directed to nyconnects@cortland-co.org. You may also call the Cortland County Department of Social Services Medicaid Department at 607-753-5320.

Source: Ayeh,Derek; NY Passes Landmark Budget to help Residents Access and Afford the Care They Need; Medicare Rights, 14/04/2022.
In January Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans increased 8.7 percent. On average, Social Security benefits increased by more than $140.00 per month.

Other important changes to note include:

- The standard monthly premium for Medicare Part B enrollees will be $164.90 for 2023, a decrease of $5.20 from $170.10 in 2022.
- The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase from $147,000 to $160,200.
- The earnings limit for workers who are younger than “full” retirement age will increase from $19,560 to $21,240. (Please note: Social Security deducts $1 benefit for each $2 earned over $21,240.)
- The earnings limit for people reaching their “full” retirement age in 2022 will increase from $51,960 to $56,500. (Again, please note: Social Security deducts $1 from benefits for each $3 earned over $56,500 until the month the worker turns “full” retirement age.)
- There is no limit on earnings for workers who are “full” retirement age or older for the entire year.

Final 2023 benefit amounts were communicated to the beneficiary in December through the mailed COLA notice or online at mySocialSecurity.com. Online notices will not be available to representative payees, individuals with foreign mailing addresses, or those who pay higher Medicare premiums to their income levels.

Source: SocialSecurity.com / Cost of Living Adjustment (COLA) for 2023

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**Medicare Pays For These Preventive Services**

By Sara Hazard, Aging Services Specialist

- **Bone Mass Measures**
  These tests help to see if you are at risk for broken bones. Medicare covers these tests once every 24 months (more often if medically necessary) for people at risk for osteoporosis.

- **Colorectal Cancer Screenings**
  These tests help find colorectal cancer early when treatment works best. If you are 50 or older, or are at high risk for colorectal cancer, Medicare covers one or more of these tests: fecal occult blood test, blood-based biomarker test, flexible sigmoidoscopy, screening colonoscopy, barium enema, and multi-target stool DNA test (like Cologuard). How often Medicare pays for these tests depends on the test and your level of risk for the cancer. You and your doctor decide which test is best for you.

- **Abdominal Aortic Aneurysm Screenings**
  These tests are a one-time screening ultrasound for people at risk. If you have a family history of abdominal aortic aneurysms, or you are a man 67-75 and have smoked at least 100 cigarettes in your lifetime, you are considered at risk.

Source: Centers for Medicare and Medicaid Services Booklet: CMS Product No. 11100: Revised September 2021
During the cold winter months, it is hard to find fresh fruit that is in season. One amazing fruit available is the pear!

**Just the Facts:** 1 small pear has 5 grams of fiber, less than 100 calories, 23 grams of total carbohydrates and is fat and cholesterol free. It is also a good source of Vitamin C, copper and Vitamin K.

**Skin Deep:** Research shows that the skin of pears contain more antioxidants than the flesh. Pears contain antioxidant and anti-inflammatory properties which are found in the phytonutrients: hydroxybenzoic acid, hydroxycinnamic acid, hydroxyquinones, flavonols, flavonoids, anthocyanins and carotenoids. These phytonutrients have been shown to reduce inflammation, oxidative stress, heart disease, and cancer (specifically colorectal, stomach and esophageal). Studies show that pears also can reduce the risk of type 2 diabetes by improving insulin sensitivity.

**Juiced:** Clear vs Cloudy juice? Scientists have proven that pear juice with pulp, called cloudy juice or “high turbidity” juice, has more antioxidant benefits than pear juice that is clear with all the pulp removed through filtering.

**Alternative:** Pears have been used in traditional medicine to treat colitis, gallbladder disorders, arthritis and gout.

**Fun Fact:** Pears are members of the rose family (Rosaceae), in addition to apples, apricots, cherries, chokeberry, crabapples, loquats, peaches, plums, quinces, raspberries, serviceberries, strawberries, and almonds.

Q: The holidays are over; how do I get my eating back on track?

A: The holiday season can be a stressful time for anyone actively managing their weight or health after being surrounded by pies, snacks, and social gatherings for the past few months. I know I can’t pass up the temptation of a good piece of chocolate or baked good. So now that we’ve made it through the holiday, how do we recalibrate?

The best advice is to start with small changes. The first I always suggest is to make “half your plate whole”. This sounds funny, but think of your plate like a pie: slice it down the center and fill half of your plate with vegetables. The fiber and nutrients of vegetables—whether frozen, canned or fresh—will help with satiety or the feeling of being full. This leaves half of your plate for your meal. Fill one quarter of the plate with your protein, such as a chicken breast or piece of fish. The final quarter, fill with your starch, such as a baked or mashed potato.

Of course, other small changes will help, such as switching to whole grain pastas and breads. Focusing on your vegetable intake first will have you feeling fuller longer and able to fight off those post-holiday cravings.

Weather Closings for Meals on Wheels and Age Well Center

TV: Channel 3, 5, 9, 10, 12
Radio-AM: 870, 1470
Radio-FM: 95.5, 97.3, 97.7, 98.7, 99.9, 101.5, 103.7

Food Safety Tip:
Sanitize and disinfect all cooking surfaces prior to use.
Having a clean counter space to prepare meals can prevent foodborne illnesses.

Source: Four Steps to Food Safety | CDC

Visit our Age Well Center
165 Main Street, Suite B, Cortland
Join us for a Grab & Stay Meal.
For more information and to reserve your meal, give us a call at 607-753-5060.
COVID-RSV-FLU Continues in Cortland County
By Nicole Anjeski, Public Health Director, Cortland County Health Department

The Cortland County Health Department is alerting the community of an increase in RSV (respiratory syncytial virus), flu cases, and the ongoing cases of COVID-19 and providing guidance to residents to protect themselves and others within the community. With colder temperatures here, more people will be gathering often indoors and with many people, which can result in the spread of respiratory illnesses.

Key prevention tips to limit the spread of these respiratory illnesses:

- **Avoid close contact**
  Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when you are sick**
  If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

- **Cover your mouth and nose**
  Cover your mouth and nose with a tissue when coughing or sneezing. It might prevent those around you from getting sick. Respiratory viruses like Flu, COVID and RSV viruses spread mainly by droplets made when people with respiratory illnesses cough, sneeze or talk.

- **Clean your hands**
  Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- **Avoid touching your eyes, nose or mouth**
  Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

- **Practice other good health habits**
  Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

# LASS Centers’ Contacts for Activities

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Person</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HARFORD</strong></td>
<td>Creamery Hills Apartments, 355 Creamery Road, Richford</td>
<td>Brandy Jackson</td>
<td>607-844-8229</td>
</tr>
<tr>
<td><strong>PREBLE</strong></td>
<td>Preble Fire Station, 1911 Preble Road, Preble</td>
<td>Dave Morse</td>
<td>315-663-1654</td>
</tr>
<tr>
<td><strong>SCOTT</strong></td>
<td>Scott United Methodist Church, 6816 Route 41, Scott</td>
<td>Kay Harvey</td>
<td>607-842-6871 or 607-597-9774</td>
</tr>
<tr>
<td><strong>TRUXTON</strong></td>
<td>Truxton Living Well Center, United Methodist Church, Route 13, Truxton</td>
<td>Jill Kraft</td>
<td>607-244-1445</td>
</tr>
<tr>
<td><strong>VIRGIL</strong></td>
<td>United Methodist Church, 1194 Church Street, Virgil</td>
<td>Pastor Steph Brown</td>
<td>607-857-3556</td>
</tr>
<tr>
<td><strong>WILLET/ CINCY</strong></td>
<td>Cortland/Chenango Rural Services, Seton Hall, 2704 Lower Cincinnatus Rd, Cincinnatus</td>
<td>Joanne Brown-Garringer</td>
<td>607-863-3828</td>
</tr>
</tbody>
</table>

## Local Community Activities for Older Adults

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Person</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMER</strong></td>
<td>David Harum Senior Center, 31 North Main Street, Homer</td>
<td>Sylvia Hammond</td>
<td>607-749-7811</td>
</tr>
</tbody>
</table>
Reduce sugar by 2 tbsp.; add 2 tbsp. flour; use half the baking powder; add 3 tbsp. liquid (or an extra egg); increase the baking temperature and reduce the bake time. No, it’s not a potion for a new year weight loss plan, but adaptations to our favorite chocolate cake recipe to accommodate high altitude baking. Denver is at a 5000 plus feet altitude. The air is thinner and dryer. Baking involves a number of chemical reactions which are affected by these atmospheric changes. These recipe adaptations are yet another example of the modifications we have made in our latest lifestyle change.

As we age, we are faced with making adaptations due to health, financial and social pressures. I am finding the need to adapt plays a significant part in my retirement. I’ve discussed changing living arrangements in other articles, but we are all faced with making housing decisions involving everything from adding grab bars to your bathroom to moving across the country.

I have found that changes in my health have caused the most demands for adapting my activities. I have a lower level of stamina, so I take a nap in the afternoon. Parkinson’s Disease has affected my mobility and balance, so I have to manage my activities. I have learned to say “no” in order to balance the commitments that I make. In the last issue I wrote about adapting to social changes by writing letters. And with the current state of the stock market, I’m back to making a budget and living with it to control spending.

All of us are different. Those blessed with good health may be facing financial challenges or social pressures. Humans have an amazing ability to adapt. Don’t stop living because you can’t do what you used to when you were younger. Either learn to adapt or find some other activity that fits with your ability. After four months of living here, I still have yet to be successful in boiling eggs, but I keep adapting the recipe and hope that soon I will be able to serve deviled eggs.

“As we age, we are faced with making adaptations due to health, financial and social pressures.”

WE NEED YOUR SUPPORT

Because needs are always greater than the resources available to meet them, Cortland County Area Agency on Aging encourages and appreciates financial contributions. Thank you!

Name ___________________________________________ Phone ____________________________
Address ___________________________________________

I designate my contribution of $__________ for: □ Newsletter □ Use Where Most Needed
□ Legal Services □ Caregiver Respite Program
□ Handyman □ In-Home Services
□ Nutrition Program □ Meals on Wheels

All contributions are greatly appreciated. All contributions are tax deductible to the extent of the law.

Clip and return this coupon with your contribution to: Cortland County Area Agency on Aging
60 Central Avenue
Cortland, NY 13045
Have you ever wondered where Lime Hollow got its name? Lime Hollow is one of only a few sites around the state with a type of pond called a marl pond. Marl is a sticky, white, nonmetallic mineral once considered quite valuable. Burning marl changed it into lime, which was then made into fertilizer, whitewash and bricks for farmers. Marl was mined from a unique pond called a kettle pond, formed when a chunk of ice fell from a retreating glacier. The force of the fall would cause a deep indentation; and when the sediment-covered ice slowly melted, marl would often form in the indentation.

The following is from a clipping originally from the Cortland County Historical Society and printed in the Cortland Democrat in August 1940:

“Marl is a compound of calcium, oxygen and hydrogen mixed with clay and vegetable matter. It has been used as a fertilizer from the earliest times. Early in the history of Cortland County some enterprising farmer, whose name has been lost to history, built a kiln on the edge of the ponds to burn the lime. The slimy white muck was scooped from the bottom with long handled shovels onto flatboats. On shore it was shaped into bricks and was burned in the kilns after aging to facilitate handling. The resulting unslaked lime was sold to farmers to make mortar to use in building and in whitewash before wallpaper was commonly used in this vicinity.

“Wilbur G. Crain, the oldest resident of Lime Hollow, recalls that the last time lime was burned was after the construction of the Lehigh tracks along the pond about 1876. He says he remembers this because as a boy, he used to hitch rides on the train to Gracie, then known as Chicago. Crain is 82 years old this year.”

Marl ponds are unusual, with less than a dozen occurrences statewide. Lime Hollow is unique in that it also houses an acidic body of water called the Chicago Bog, an interesting foil to the alkaline water of the nearby marl ponds.

For more information on this gem of Cortland County, check out www.limehollow.org.
Did you grow up with a pet or have a neighborhood cat hanging around? Owning a furry companion can have many positive effects on your life. Not only do you get to live with a friend, but pets provide companionship and love that you never forget. As we grow older, it becomes harder to keep up with the needs of our pets. A team in Hasbro, Rhode Island was formed in 2015 and saw this problem and empathized with the senior community and ultimately made it their mission to fill a void. They decided to make products which bring fun and play to older adults. Designed with input from older adults, Joy for All launched the companion pet cat in December 2015. Not far behind the companion cat was the pet pup that was introduced in 2016 and, most recently, the walker squawkers released in 2022.

New York was the first state in the U.S. to test robotic companion animals in senior centers. The program targeted people with Alzheimer’s and dementia, and the results were incredibly positive. More than 70% of participants reported a decrease in loneliness a year after receiving their robotic pet. These companion pets get people engaged, bring joy, companionship and promote happiness. Not only does it focus on the social aspects, but there are great health benefits with having them too. They have been proven to decrease stress, improve heart health and reduce agitation and anxiety.

The New York State Office for Aging (NYSOFA) granted the Cortland County Area Agency on Aging (CCAAA) animatronic cats, dogs and walker squawkers to give out to people over 60 years old who are at risk of the complications from loneliness and social isolation.

Here is what people had to say:

“It’s hard to afford a pet at my age, and I wouldn’t be able to take care of it. But with this, it’s different. It will take care of me,” Pat Stark said as she leaned in to her new Joy for All robotic cat.

“My mother loves the dog! She named it Chancy. I bring it with me every time I see her, and her eyes just light up. She loves it, and you can tell it’s helping her,” Lisa Weaver said about her mother Eva Bregman.

For more information or questions, please contact the Cortland County Area Agency on Aging at (607)-753-5060.
The Cortland County Area Agency on Aging has devices such as Reminder Rosies, digital blood pressure cuffs, automatic medication dispensers and Echo Shows to be offered to Cortland County residents who are 60 and over on a sliding scale fee based on their income and the Federal Poverty Income Guidelines.

Reminder Rosie is a device that is like an alarm clock, however, reminders recorded in a familiar voice replace the alarm. This device can remind care receivers of appointments, to take their medication, or any other message the caregiver needs to convey.

Digital blood pressure cuffs increase independence by allowing someone to take their blood pressure at home. The cuffs have memory to store the readings, giving the older person and medical provider accurate information which can improve health outcomes.

Medication dispensers assure the older person is taking the correct medications at the correct time, sometimes relieving a caregiver of this task. We have two different models: LifeFine Medication Dispensers and Pria devices.

An Echo Show allows an older person to have access to others through digital technology to interact with the outside world and their friends and family through the internet. This is a good alternative when someone is alone to reduce social isolation.

Referrals for the program can come from doctors, caregivers, the person themselves, and other agencies involved with the older person. When a referral is received, an Aging Services Specialist will contact the older person to complete a comprehensive assessment. This assessment determines eligibility for the device as well as for other services and supports that may be beneficial to the older person.

The Aging Services Specialist will work with the older person and medical provider to determine the effectiveness of the program for improving independence, health and wellness for the older person, and reducing stress.

For more information, call Cortland County Area Agency on Aging’s Caregiver Resource Center at 607-753-5060.
<table>
<thead>
<tr>
<th>Health Insurance Information, Counseling and Assistance Program (HIICAP)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2023 Medicare Costs for Hospital and Skilled Nursing Stays</strong></td>
</tr>
<tr>
<td>By Alicia Miller, Aging Services Specialist</td>
</tr>
</tbody>
</table>

### Part A (Hospital Insurance Cost) Hospital Stay

In 2023 you pay:

- $1,600 deductible per benefit period for the first 60 days of each hospital benefit period (up from $1,556 in 2022, an increase of $44)
- $400 per day for days 61-90 of each benefit period (up from $389 in 2022, an increase of $11)
- $800 per “life time reserve day” after day 90 of each benefit period (up from $778 in 2022, an increase of $11)

### Part A Skilled Nursing Facility Stay (Nursing Home) (Rehabilitation)

In 2023, for each benefit period, you will pay:

- $0 for the first 20 days
- $200 per day for days 21-100 (up from $185.50 in 2022, an increase of $14.50)
- All costs for each day after 100 will not be covered by Medicare.

Source: Medicare.gov

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**What’s New in Medicare for 2023**

By Alicia Miller, Aging Services Specialist

The Center for Medicare and Medicaid Services (CMS) has made several important changes to the Medicare program for 2023. Changes are also due to the passage of the Inflation Reduction Act, which was signed into law by President Biden in August 2022.

A few of the key changes include:

- **Premiums:** People with Medicare will see lower average premiums for Medicare Part B, Medicare Advantage, and Medicare Part D prescription plans.
- **Insulin:** Lower costs for insulin: those covered by a prescription drug plan or through a traditional plan covered under Original Medicare will pay no more than $35 in cost-sharing for a month’s supply of each covered insulin product. Also, there will be no deductible for covered insulin products.
- **Vaccines:** Those with Medicare drug coverage will pay nothing out-of-pocket for vaccines that are recommended by the Advisory Committee on Immunization Practices (ACIP). Examples include the Shingles and Tetanus-Diphtheria-Whooping Cough vaccines.
- **Medicare.gov:** Enhancements and improvements to the Medicare.gov website now make it easier to navigate and access information to compare and select health and drug coverage and find providers.

Source: HHS.gov
Programa de Información, Consejería y Asistencia de Seguros de Salud (HIICAP)

Costos de Medicare 2023 para hospitalizaciones y estadías de enfermería especializada
Por Alicia Miller, Especialista en Servicios para Adultos Mayores

Parte A (Costo del seguro hospitalario) Estadía en el hospital
En 2023 usted paga:
- Deducible de $1,600 por período de beneficios durante los primeros 60 días de cada período de beneficios hospitalarios (en comparación con $1,556 en 2022, un aumento de $44)
- $400 por día para los días 61-90 de cada período de beneficios (en comparación con $389 en 2022, un aumento de $11)
- $800 por "día de reserva de tiempo de vida" después del día 90 de cada período de beneficios (en comparación con $778 en 2022, un aumento de $11)

Parte A Estadía en la Facilidad de Enfermería Especializada (Hogar de Ancianos) (Rehabilitación)
En 2023, por cada período de beneficios, usted pagará:
- $0 por los primeros 20 días
- $200 por día para los días 21-100
  (en comparación con $185.50 en 2022, un aumento de $14.50)
- Todos los costos por cada día después de 100 no serán cubiertos por Medicare.

Fuente: Medicare.gov

Novedades de Medicare para 2023
Por Alicia Miller, especialista en servicios para adultos mayores

El Centro de Servicios de Medicare y Medicaid (CMS) ha realizado varios cambios importantes en el programa de Medicare para 2023. Los cambios también se deben a la aprobación de la Ley de Reducción de la Inflación, que fue promulgada por el presidente Biden en agosto de 2022. Algunos de los cambios clave incluyen:
- **Primas:** Las personas con Medicare verán primas promedio más bajas para los planes de medicamentos recetados Medicare Parte B, Medicare Advantage y Medicare Parte D.
- **Insulina:** Menores costos para la insulina: Aquellos cubiertos por un plan de medicamentos recetados o a través de un plan tradicional cubierto por Medicare Original no pagarán más de $35 en costos compartidos por el suministro de un mes de cada producto de insulina cubierto. Además, no habrá deducible para los productos de insulina cubiertos.
- **Vacunas:** Aquellos con cobertura de medicamentos de Medicare no pagarán nada de su bolsillo por las vacunas recomendadas por el Comité Asesor sobre Prácticas de Inmunización (ACIP). Los ejemplos incluyen las vacunas contra el herpes zóster y el tétanos, la difteria y la tos ferina.
- **Medicare.gov:** Las mejoras y mejoras en el sitio web de Medicare.gov ahora facilitan la navegación y el acceso a la información para comparar y seleccionar la cobertura de salud y medicamentos y encontrar proveedores.

Fuente: HHS.gov
Wages Increase for Home Care Workers
By Shannon Howitt, Aging Services Specialist

Effective October 1, 2022, the minimum wage for Upstate New York home care workers increased by $2.00 bringing the wage to $15.20 per hour. Effective December 31, 2022, an additional $0.70 per hour brought the minimum wage to $15.90 per hour.

This is wonderful news for people who are enrolled in programs such as the Consumer Directed Personal Assistance Program (CDPAP). This program allows those who have Medicaid and are enrolled in a managed long term care plan to select, train and direct their own caregivers. One of the best aspects of the program is it allows the individual to hire family members and friends. This greatly benefits both parties. Your caregiver gets paid, and you get the care and comfort you deserve, without having a stranger in your home. Spouses, however, may not serve as a home care worker under CDPAP.

One of the most attractive parts of CDPAP is the flexible schedule. CDPAP allows you to create a schedule that best suits your needs and lifestyle. You can allocate weekly hours on a flexible day-to-day basis, rather than following a daily schedule of hours set by a third party agency. The program ultimately provides consumers with controls that many take for granted.

To be eligible for CDPAP, recipients must be able and willing to make informed choices regarding the management of the services they receive, or have a legal guardian or designated relative or other adult able and willing to help make informed choices. The consumer or designee must also be responsible for recruiting, hiring, training, supervising and terminating caregivers, and they must arrange for back-up coverage when necessary, arrange and coordinate other services, and keep payroll records.

For more information on the six step process for enrollment, please call NY Connects at 607-753-5060.

Sources:
CDPAP NY New York - Consumer Directed Personal Assistance Program (cdpap-ny.org)
Consumer Directed Personal Assistance Program (CDPAP) (ny.gov)
https://www.health.ny.gov/health_care/medicaid/program/longterm/cdpap.htm

Cortland Housing Assistance
Council, Inc.
36 Taylor Street, Cortland
Affordable rentals in the City of Cortland
Handicapped accessible, off street parking
On-site laundry, secured building
Call 607-753-8271 or visit us at cortlandhousing.org
Staff Spotlight
Carrie Kane, MS, RD, CDN Deputy Director - Nutrition Services

Carrie Kane is new to the Area Agency on Aging (AAA) as the Deputy Director of Nutrition Services. She is a Registered Dietitian and Certified Dietitian Nutritionist who comes to AAA with nearly a decade of experience. Her most recent career was spent working with the fifth largest school district in NYS where she worked to coordinate the feeding of over 21,000 students daily across five feeding programs. Her focus was on program management and compliance with state and federal regulations.

Although her most recent experience is in program operations targeting children as young as two, Carrie holds a passion for working with our local community. She has been an active Cortland Elks Lodge #748 member for nearly ten years, including holding the office of Exalted Ruler for two consecutive years. With the Elks Lodge, Carrie writes grants for the lodge to serve the needs of our community and veterans. Since 2017 she has obtained over $45,000 through the Elks Community Investment Program that was reinvested locally in our community. This included funding for local food pantries, care packages for local veterans in area nursing homes and serving overseas, and funding for the addition of a local police K-9 for the City of Cortland Police Department.

Carrie was raised locally in the village of McGraw and graduated in 2008 from McGraw Jr./Sr. High School. Carrie completed a Bachelor’s of Science (B.S.) in Nutrition DPD at Syracuse University, obtained a Certificate of Advanced Study (C.A.S.) through completion of the Dietetic Internship at Syracuse University, and holds a Master’s of Science (M.S.) in Applied Nutrition from Northeastern University in Boston. She has experience in Long Term Care, Bariatrics, NYS Mental Health and School Nutrition.

She finds imparting her knowledge with students to be a rewarding process. Carrie has worked with numerous college programs to precept dietetic interns and has shepherded over 30 dietetic interns from Syracuse University, Cornell University, and Sage College in her career.

Carrie lives locally with her husband and family and is excited to bring her talent and knowledge home.

IMPORTANT SCAM CONTACT INFORMATION

Federal Trade Commission
1-877-382-4357

New York State Attorney General
1-800-771-7755

National Do Not Call Registry
1-888-382-1222

Register to reduce the calls you receive from telemarketers for your home and cell phone.
As millions of Americans are living longer and leading more active lives, staying in our own homes has become an important goal. Being able to remain in your own home that you are comfortable and familiar with gives great peace of mind. “Aging in place” is a popular term that is defined by the CDC as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level”.

As we age, our needs may change due to changes in our health or other issues, but also to be noted is the fact that our homes are aging as well. New York’s homes are among the oldest in the U.S. with a median age of 60 years old. Aging homes might require modifications or renovations to increase safety and to accommodate the needs of those owners who are “aging in place”.

Several staff members of the Cortland County Area Agency on Aging recently received certification as Certified Aging in Place Specialists (CAPS) through the National Association of Home Builders. The training covered all aspects of working with a contractor and client to redesign and remodel homes depending on the layout of the home and the needs of the client. The training covered multiple design concepts and included aesthetics, electrical, plumbing, HVAC, lighting, doors and entryways, lifts and elevators, and ramps to name a few. Changes that enable a client to maneuver a room safely and increase accessibility into closets for those in a wheelchair were covered, as well as how to install a curbless shower in a bathroom to increase safety upon entering and exiting.

It is important to plan ahead and not procrastinate preparing to age in place. Some recommendations in planning ahead for a bathroom would be to install grab bars near the toilet and the tub/shower and widen any doorways to allow access to accommodate a person with a walker or wheelchair. Installing touch faucets in the kitchen and bathroom and changing door knobs to levers, especially for people with arthritis and other conditions, make it easier to grip and hold. Our mission is to help people live as independently in their own home for as long as it is safely possible.

Sources:
Esther C. Kane, C.D.S. “Pros and Cons of Aging in Place.” Senior Safety Advice, Senior Safety Advice, 18 Oct. 2022, seniorsafetyadvice.com
Emergency HEAP Opens January 3rd
By Matt Kemak, Aging Services Coordinator

Emergency HEAP benefits are available to eligible households that have a heat or heat-related emergency. You must have HEAP to qualify for an Emergency Benefit. This benefit occurs after a resident has exhausted their initial HEAP benefit and does not have any liquid resources over $3,000 available to purchase fuel. An emergency is considered as such when a client has a termination/shut off notice from a provider, one-quarter tank, or a 10-day supply of fuel.

The Area Agency on Aging does not process emergency HEAP applications. If you need to apply for Emergency HEAP, please contact 607-428-5400.

HEAP is a federally funded energy assistance program that helps with heating bills, furnace repairs, summer cooling benefits, and furnace maintenance. With heating bills on the rise, HEAP is a great resource to get that little bit of help. A HEAP benefit is available through Area Agency on Aging for anyone over the age of 60 who meet the income requirements.

2022-2023 Income Eligibility Guidelines

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income</th>
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<tbody>
<tr>
<td>1</td>
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</tr>
<tr>
<td>2</td>
<td>$3730</td>
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</tr>
<tr>
<td>4</td>
<td>$5485</td>
</tr>
<tr>
<td>5</td>
<td>$6363</td>
</tr>
</tbody>
</table>

Base Benefits Awarded for HEAP:
- Electric – Natural Gas: $400
- Oil – Kerosene – Propane: $900
- Wood – Corn – Pellets – Coal: $635

If you or anyone you know is interested in the HEAP program, you can call our office at 607-753-5060, and we will mail an application. We can also assist you with completing an application in person by appointment at Cortland County Office Building at 60 Central Avenue in Cortland. There is also an option of completing the application online by logging onto www.mybenefits.ny.gov.

Go Green!
Alternate Means of Receiving Senior News

Sign up to receive the newsletter by email. Simply email us at ccaaa@cortland-co.org. Be sure to provide your name, email, and current mailing address.
Well-Being: Growing Your Social Connections
By Cindy Stout, Aging Services Specialist

Growing older can bring about changes that mean you connect with people less often, whether you’ve chosen to retire, moved to a new area, lost a loved one, or faced health issues. It’s important to remember there are still ways to stay engaged, even with some of these life changes. Since the COVID Pandemic, many more things are still being offered virtually through Zoom or other online platforms. If you are able to get out of your house, there might be things offered in your local community that could be of interest to you.

Connecting with others, whether in person or virtually, can help reduce isolation and feelings of loneliness, so it’s important to seek out ways to increase your contacts with other people.

Are you wondering whether you or a loved one might be experiencing social isolation or loneliness? Take this short quiz.

1. How often do you feel that you lack companionship?
   - Hardly Ever
   - Sometimes
   - Often

2. How often do you feel left out?
   - Hardly Ever
   - Sometimes
   - Often

3. How often do you feel isolated from others?
   - Hardly Ever
   - Sometimes
   - Often

Give yourself 1 point for Hardly Ever, 2 points for Sometimes, and 3 points for Often.

If your score is higher than 5, consider some of these ideas to help you make connections and improve your well-being:

- Volunteering for an organization, whether it’s a club, nonprofit agency or faith community. Volunteer jobs can be very rewarding and also provide a way to meet new people.
- Rekindle some creative talents or learn a new one. Taking classes at your local library or singing in a choir might be the thing for you.
- Take a lifelong learning course or an educational class. GetSetUp offers free online classes on a variety of subjects, such as “Iphone Basics”, “10 Fun Brain Games” or “Become a Master Chef of Your Kitchen” to name just a few. GetSetUp is offered through the NYS Office for Aging, and classes are all online; and the best news: they are FREE.
  https://www.getsetup.io/partner/nystate
- Join a health or wellness class. You can join a local gym, look to see what’s available at the Age Well Center (through the Area Agency on Aging), or join one of the many GetSetUp virtual classes like “Tai Chi - Balance”.

Contact the Area Agency on Aging for more details on any of these options at 607-753-5060.

Source: EngAged – The National Resource Center for Engaging Older Adults
Volunteer – Share the Experience of a Lifetime
By Cindy Stout, Aging Services Specialist

Have you ever thought about volunteering? Or have you thought, “I don’t have time” or “what skills can I offer”? The Area Agency on Aging’s Volunteer Engagement Program can help you apply the skills and wisdom you have acquired throughout your life to make a positive difference in the lives of others. There are many benefits to volunteering, including:

- Contributing to a cause you care about
- Using your skills in a productive way
- Meeting new people/making friends
- Developing new skills/experiences
- Assisting in a community need

The program’s goal is to recruit interested people and assist them with connecting to a volunteer opportunity within our agency or find something within our community. As a volunteer, you get to choose how and where you want to serve, how much time you want to give, and whether you want to share skills you have or develop new ones.

Our agency has volunteer needs in the following areas:

- Newsletter collating and preparing for mailing
- Shopping Assistance Program
- Receptionist
- Bonesaver Exercise Program Leaders
- A Matter of Balance Coaches
- Meals on Wheels Delivery

Training/Orientation is provided for all these volunteer jobs. To be eligible to volunteer through our agency, you will need to complete a volunteer registration form as well as some required forms through the county. Short online training is also required. A staff member is available to help you with the process and navigate your way to a desired volunteer job.

If nothing listed appeals to you, a staff person can also help you find other volunteer opportunities in our community.

To learn more about becoming a volunteer or finding out about current volunteer opportunities and needs, call the agency at 607-753-5060.

Here To Help
At the Cortland County Area Agency on Aging, we specialize in providing the education, information, services and benefits important for enhancing the health and well-being of adults 60 and older. We are available by phone Monday through Friday from 8:00 to 4:00. If calling after hours, please leave a message. We will get back to you the next business day. Our number is 607-753-5060. We can also be reached by email: ccaaa@cortland-co.org.

Volunteers don’t get paid, not because they are worthless, but because they are priceless.
Sherry Johnson
Cortland Transit's Dial-a-Ride Service
By Melissa Potter, Cortland County Mobility Manager

Do you know what Cortland Transit's Dial-a-Ride Service is?

Dial-a-Ride is a curb-to-curb transportation service operated by Cortland Transit. The service is “demand-response”-meaning the ride must be scheduled in advance. Hours of operation are Monday to Friday 6am-6pm or when drivers are available.

This service is available for all Cortland County residents wishing to be picked up at their home or designated location and taken to their destination. Residents wishing to access the service must schedule a ride at least two days in advance.

Fares are a minimum of $5 and a maximum of $6, one way. Reduced fares apply for senior citizens, Medicare cardholders and persons with disabilities.

Try to be on time for your scheduled pick-up. Drivers will wait three minutes before leaving. To schedule a Dial-a-Ride, please call Cortland Transit at 607-758-3383.

Public transportation is often a safe and easy way to get around. For support or assistance with navigating bus maps, bus routes or assessing your best transportation option, feel free to contact Cortland County Mobility Manager Melissa Potter at 607-756-3416 or mpotter@cortland-co.org or visit www.way2gocortland.org for more information.

Agent Orange Presumptive Conditions
By Tom Tedesco, (VS) Director, Veteran Service Agency Cortland County

1. AL Amyloidosis
2. Chronic B-cell Leukemia’s
3. Chloracne
4. Diabetes Mellitus Type II
5. Hodgkin’s Disease
6. Ischemic Heart Disease
7. Multiple Myeloma
8. Non-Hodgkin’s Lymphoma
9. Parkinson’s Disease
10. Peripheral Neuropathy Early-Onset
11. Porphyria Cutanea Tarda
12. Prostate Cancer
13. Respiratory Cancers
14. Soft Tissue Sarcomas*(exceptions: Osteosarcoma, chondrosarcoma, Kaposi’s sarcoma, and mesothelioma
15. Bladder cancer
16. Hypothyroidism
17. Parkinsonism
18. Hypertension
19. Monoclonal Gammopathy

If you have any questions, please call Tom Tedesco, Director, Veteran Services at 607-753-5014.
Transportation Update

In September, we announced the agency planned to purchase a 14 passenger wheelchair accessible bus that will initially focus on getting individuals 60 and older from the outlying areas to the Cortland Age Well Center and back, as part of the congregate meal program. We are excited to share that our bus has arrived on site. We are currently in the process of launching the program and will keep you updated with more information once the program is set to begin. Look to our website, social media and newsletter for more information about this exciting new program!

Bonesaver
Strengthening Exercises
Age Well Center
Crescent Commons, 165 Main Street, Suite B, Cortland
Tuesdays & Thursdays
12:30 – 1:30 pm
To sign up, call Cortland County Area Agency on Aging
607-753-5060

Bonesaver is an hour-long gentle exercise routine geared toward participants aged 60 and older that provides strength training done slowly with hand and ankle weights. Balance training to prevent falls and flexibility training are also provided.

Pre-registration is required. Wait lists will form, dependent on class size.
ARE YOU ON MEDICARE AND AT RISK FOR TYPE 2 DIABETES?

Classes starting soon make a change for life!

Topics include:
- Eating well
- Managing stress
- Getting active
- Keeping your heart healthy
- Shopping and cooking to prevent T2

Over $600 value and no out of pocket cost!

For more information please contact:
Aaliyah Camp at (607) 756-4198
or aaliyah@sevenvalleyshealth.org
www.sevenvalleyshealth.org/ndpp

Creamery Hills Apartments
Affordable Independent Living
Seniors & Disabled Persons

NEW SENIOR PROGRAM FOR AREA SENIORS.
LASS
Local Aging Adult Satellite Service
Housing with a Heart

NEED HELP? GET HELP!
Do you have questions about Housing, Healthcare, or Volunteering?
Simply dial "2-1-1"
OR
Text your Zip Code to
TXT 211 or 898211
to be connected with a live call specialist

Transportation * Health * Housing Employment * Food * Recreation
To help defray the cost of printing and mailing, the Area Agency on Aging accepts paid advertisements for Senior News. Acceptance of ads does not constitute endorsement of any service, product or business.

CORTLAND HOUSING AUTHORITY
The Cortland Housing Authority has 380 high quality apartments available in its senior/disabled and family developments throughout Cortland County. A single person could earn up to $43,700; and a family of five up to $82,400 and still qualify to live in one of our apartments.

We have senior/disabled efficiency and one bedroom apartments located in the City of Cortland. We also have one bedroom senior/disabled units in Homer, McGraw, Marathon, Truxton and Cincinnatus. Our large family apartments (3, 4 and 5 bedrooms) are located in the City of Cortland. We also have two and three bedroom family apartments scattered throughout the county in Homer, Truxton, McGraw, Cincinnatus and the City of Cortland.

There are short waiting lists for apartments in most of our developments.

Call 607.753.1771 today for an application or email request at info@cortlandha.com
CHANGING YOUR ADDRESS?
Please Let Us Know

Whether it is temporary or permanent, the Area Agency on Aging appreciates knowing your new address. This will help keep our mailing list up to date and avoid the expense of mail returned to us by the post office. (We are charged approximately $1.25 for each newsletter returned.)

If your change of address is temporary, or if you do not have second-class mail forwarded, please let us know. We’ll send your newsletter to your temporary address until you notify us of your return.

To notify us of your change of address:
* Call the Area Agency on Aging: (607)753-5060 or
* Use the convenient form below.

We appreciate your help.

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CHANGE OF ADDRESS

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<th>Name</th>
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<tbody>
<tr>
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<tr>
<td>New Address</td>
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<td>Effective from (Date)</td>
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Mail to: Area Agency on Aging
60 Central Avenue
Cortland, NY 13045

Please remove my name from the mailing list.