

# **Jefferson County Office for the Aging**

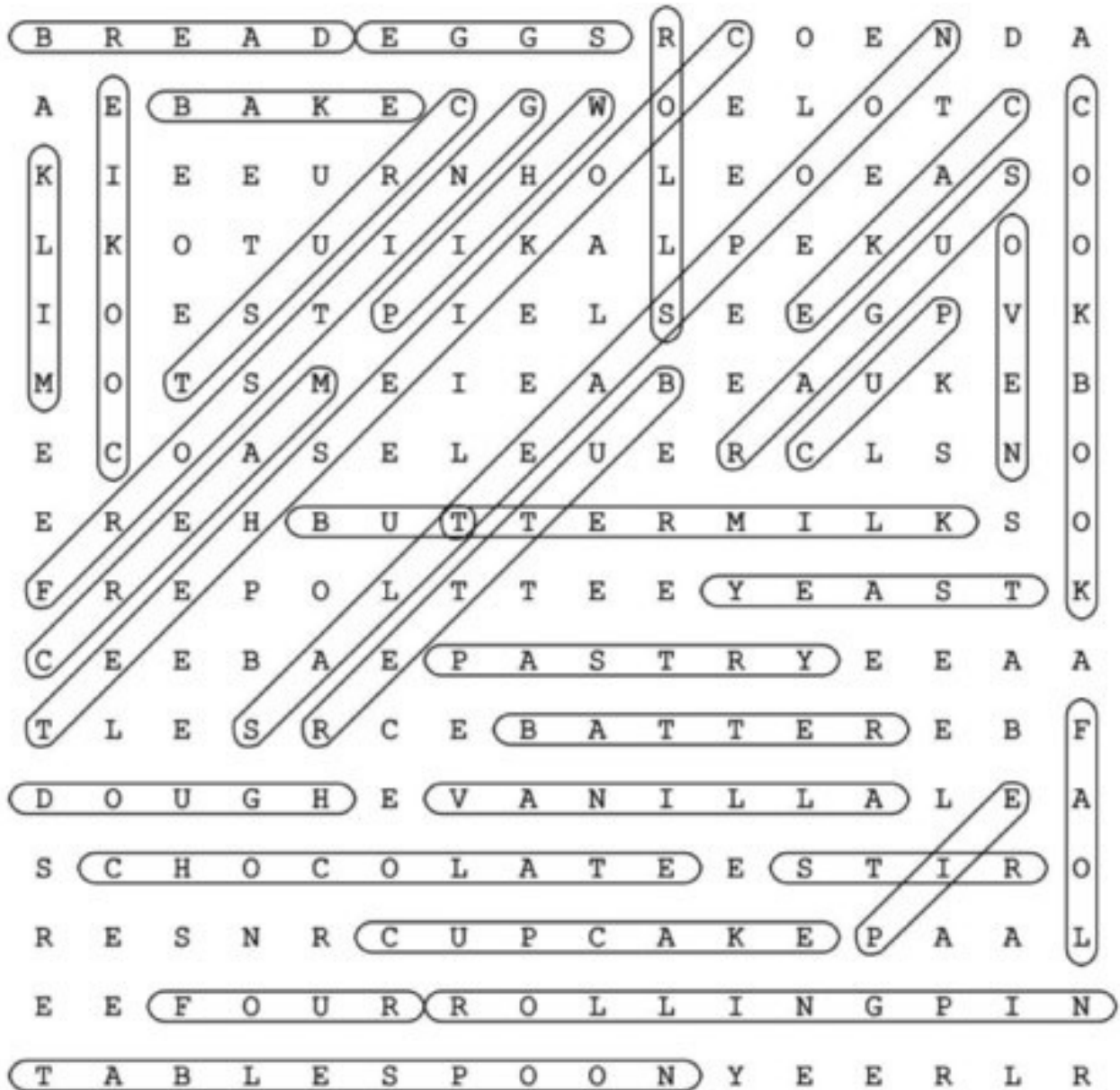
## **January 2024 Newsletter**



Cold weather reminder.  
 Do NOT plug space heaters into power strips or extension cords.  
 Plug space heaters directly into the wall outlet.  
 Powers strips are not designed to handle the high current flow required by a space heater and can overheat causing a fire.



Happy  
 New Year





JEFFERSON COUNTY OFFICE FOR THE AGING

175 ARSENAL STREET  
WATERTOWN, NEW YORK 13601-2529  
(315) 785-3191 Fax (315) 785-5095

Bethany Munn  
Director

Louise Haraczka  
Deputy Director

Dear Senior Member of the Jefferson County community,

Our team at the Area Agency on Aging of Jefferson County has been working tirelessly to find ways to enhance the lives of our wonderful Jefferson County seniors, and we have come across something truly special - a voice operated, tabletop device called the ElliQ Care Companion, and we are thrilled to be able to offer it to you completely free of charge.

The ElliQ device helps you stay connected to your family and friends, bringing a new level of interaction and entertainment into your daily routine. With ElliQ, you can enjoy playing games, staying up to date with your loved ones through video calls, and even receive reminders to take care of your health and well-being.

I believe that ElliQ has the potential to make a meaningful difference in your life, which is why we are excited to offer this opportunity to individuals like you.

To apply for one, simply visit this ElliQ eligibility form and complete the online application. You can also email [info@elliq.com](mailto:info@elliq.com) or [bmun@co.jefferson.ny.us](mailto:bmun@co.jefferson.ny.us).

We have made the process as simple and straightforward as possible. I want you to know that we are here for you every step of the way. If you have any questions or need assistance with the application process, please don't hesitate to reach out to our Helpline at (315)785-3191.

Our team is ready to provide the support you need!

Thank you for being a valued member of our community. It is an honor for us to have the opportunity to bring you this exciting technology and help you bring more joy and connection to your life.

Warm regards,

*Bethany Munn*

Bethany Munn  
Director  
Jefferson County Office for the Aging



# THE GUARDIANSHIP PREVENTION AND SUPPORT HELPLINE

## WHO WE ARE

The GPS Helpline provides free information and referrals to anyone with questions about Article 81 Guardianship in New York. We take calls from professionals and anyone from the public, offering resources and clarity on all stages of the guardianship process. Since guardianship can interfere with a person's independence, we are committed to supporting individuals and families in treating guardianship as the last option.

## WHAT WE CAN DO FOR YOU

**We know that navigating Article 81 guardianship is complex. We are here to help with:**

- General information about guardianship
- Explaining the court process
- Understanding court papers
- Problems with a guardian
- Brainstorming resources to care for a loved one
- Alternatives to guardianship, including: social services options, powers of attorney, money management
- Referrals to other organizations for further assistance
- And more!

*Note: We do not provide legal representation or advice*

## HOW TO REACH US

**718-750-8474 PHONE**

**helpline@projectguardianship.org EMAIL**

**projectguardianship.org/helpline WEB**

**You can contact us by e-mail or phone at any time  
and we will get back to you as soon as we can.**

Let us know if you would like to communicate in writing or using a phone-based interpreter





# Medicare Advantage Open Enrollment Period (MA OEP)

## January 1<sup>st</sup> - March 31<sup>st</sup>

**This period applies to those who are already enrolled in Medicare Advantage**

- ✓ You can switch to another Medicare Advantage Plan (with or without drug coverage)
- ✓ You can drop your Medicare Advantage Plan and return to Original Medicare (Part A & B). \*This lets you add a drug plan.
- ✗ Cannot switch from Original Medicare to Medicare Advantage
- ✗ Cannot join a drug plan if you are in Original Medicare
- ✗ Cannot switch from one drug plan to another if you are in Original Medicare

## Medicare Advantage Open Enrollment Period (MA OEP)

The MA OEP is from January 1st-March 31st. During this time period you can change from one Medicare Advantage Plan to another or return to Original Medicare, and enroll in a stand-alone Part D plan. This is a one-time change with the new plan starting the first of the following month you enroll.

### Costs for Original Medicare in 2024

- Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).
- You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).
- You can use any doctor or hospital that takes Medicare, anywhere in the U.S.

To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also shop for and buy supplemental coverage.

**Part A Premium:** \$ 0 for a beneficiary that has worked equal to or greater than 40 quarters of work history; \$278 for a beneficiary that has worked equal to 30 to 39 quarters; beneficiaries that have worked less than 30 quarters will pay \$505.

**Part A Deductible:** \$1,632.00/ benefit period

**Part B Premium:** \$174.70

**Part B Deductible:** \$240.00/year

**Part D Deductible:** \$545

**Part D Gap:** \$5,030 (in gap pay: 25% retail cost)

**Catastrophic Coverage:** Begins when you have reached \$8,000 in out of pocket cost between you and total cost of the drug. You are no longer responsible for any cost in this phase.

**TrOOP ( True Out Of Pocket- costs):** \$7,400

**Full extra-help copays:** \$4.50/\$11.20

**Nat'l Average For Part D Premium:** \$34.70 (LEP based on this amount)

# ***Save The Date!***

## **Medicare 101 Presentation**

**Come get information about Medicare  
and the upcoming Medicare Advantage  
Open Enrollment Period**



**175 Arsenal St.  
Watertown, NY 13601**



**Thursday, January 25th, 2024  
at 2:30pm to 4pm.**

***We look forward to seeing you there!***

## HEAP Information

**Home Energy Assistance Program (HEAP) is open and is scheduled to close on March 15th, 2024**

- All pages of the application are to be completed, signed and returned along with proper income documentation to the Office for the Aging.
- If applying in December, Please use the 2023 Social Security amounts from your award letter.
- This years application has been revised and **must** be used, any prior year application will **not** be accepted.

### Income Guidelines per Household:

1 Person- \$3,035

2 Person- \$3,970

3 Person- \$4,904

4 Person- \$5,838

Individuals who may be eligible for HEAP according to the above guidelines are encouraged to apply.

Don't wait until the cold sets in to wonder how you can receive assistance with your heating bills.

If you are NEW to HEAP this year, or need assistance filling out the application, call the Jefferson County Department of Social Services at (315) 785-3229 to schedule an appointment or assistance can also be done over the phone.

### Heating Equipment Repair and Replacement (HERR)

The Heating Equipment Repair and Replacement (HERR) component of the Home Energy Assistance Program is available to help low-income homeowners repair or replace furnaces, boilers and other direct heating components necessary to keep the home's primary heating source functional.

**The HEAP Clean and Tune program and the Heating Equipment Repair & Replacement (HERR) are still open for qualified homeowners, certain eligibility requirements and/or resources may apply.**

If you are in need of furnace replacement/repair, please call (315) 785-3229.

### Emergency HEAP

**Emergency HEAP will open January 2, 2024 for heating fuel shortage and utility shut offs.**

\*Please note, not all cases are eligible, please call to discuss to see if you are eligible.

(your regular HEAP benefit must have been exhausted prior to receiving the emergency benefit)

**Please call the HEAP Department at DSS for more information or assistance (315) 785-3229**





# The New York State Citizen Preparedness Corps Training Program

invites you to participate in a  
private training event at:

**Jefferson County Office of the Aging  
175 Arsenal Street  
Watertown, NY 13601**

**Tuesday, February 20th, 2024 at 1:00 PM**

Max Capacity= 50

*Seating will be on a first come, first served basis*

**With severe weather events** becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

# Let's Bake! Word Search

Answers on the back of the first page

B R E A D E G G S R C O E N D A  
A E B A K E C G W O E L O T C C  
K I E E U R N H O L E O E A S O  
L K O T U I I K A L P E K U O O  
I O E S T P I E L S E E G P V K  
M O T S M E I E A B E A U K E B  
E C O A S E L E U E R C L S N O  
E R E H B U T T E R M I L K S O  
F R E P O L T T E E Y E A S T K  
C E E B A E P A S T R Y E E A A  
T L E S R C E B A T T E R E B F  
D O U G H E V A N I L L A L E A  
S C H O C O L A T E E S T I R O  
R E S N R C U P C A K E P A A L  
E E F O U R R O L L I N G P I N  
T A B L E S P O O N Y E E R L R

## Word List:

CUP  
SUGAR  
CREAM  
CAKE  
ROLLS  
CHOCOLATE  
WHIP  
COOKBOOK  
CRUST

TEASPOON  
MILK  
BUTTER  
COOKIE  
PASTRY  
DOUGH  
BAKE  
SALT

TABLESPOON  
BUTTERMILK  
OVEN  
CUPCAKE  
FROSTING  
BATTER  
VANILLA  
YEAST

FOUR  
EGGS  
COOKIESHEET  
BREAD  
ROLLINGPIN  
STIR  
LOAF  
PIE