



# The Monthly



# Hoot

**SEPTEMBER** 2022

**SULLIVAN COUNTY OFFICE FOR THE AGING  
100 NORTH STREET, PO BOX 5012  
MONTICELLO, NY 12701**

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**OFFICE FOR THE AGING HAS BEEN TRYING TO REACH YOU!**

Please look at the number on your caller ID to see if it is Office for the Aging 845-807-0241. We are receiving many reports of individuals receiving our calls as "Spam Risks". Unfortunately, we are unable to control how calls made from our office are received by the call recipient and it may show up as "Spam". We encourage you to remain vigilant as to the many unsolicited calls you receive, but if you see our number, please pick up and let us check in with you! You may also screen calls using your voicemail or answering machine, we will always leave a call-back number.

**SULLIVAN COUNTY OFFICE FOR THE AGING**

100 NORTH STREET PO BOX 5012 MONTICELLO, NY 12701  
(845) 807-0241  
MON - FRI: 8AM - 5PM  
EMAIL US: SULLIVANOFA@SULLIVANNY.US  
VISIT OUR WEBPAGE: SULLIVANNY.US/DEPARTMENTS/AGING  
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New series adds to growing schedule of courses under unique state partnership with tech company providing 50,000 online classes for older adults in New York State

The New York State Office for the Aging (NYSOFA) and New York State Division of Veterans' Services have partnered with GetSetUp — a peer-to-peer online learning community for older adults aged 50 and over — to offer a new series of classes in January and February specifically on Veterans' benefits. The series is available to New Yorkers at no charge, using the partner coupon code NYSTATE at login.

All older adults aged 50 and over in New York State can access the complete schedule of courses by visiting NYSOFA's GetSetUp Learning Channel and using the partner coupon code NYSTATE.

A friend or caregiver can sign up a friend remotely to try GetSetUp courses. To do so, visit [www.getsetupfriend.com](http://www.getsetupfriend.com), select "booking for someone else," enter an e-mail address or phone number, and create an account using the NYSTATE partnership code. The referral process is a great way to help an older adult relative, friend or neighbor get connected with the platform.

## Affordable Connectivity Program

Are you getting your \$30/month internet discount?



If you participate in any of the following programs, you automatically qualify for the ACP:

- SNAP
- Medicaid
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- Supplemental Security Income (SSI)
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- Veterans Pension or Survivor Benefits
- or Lifeline

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[www.CDChoices.org](http://www.CDChoices.org)

**Consumer Directed Choices** (CDChoices) is a *premier* provider of self-directed home-care services. Through this New York State Medicaid-funded program, you hire your own caregivers to provide you with quality care.

### *What sets CDChoices apart?*

- **Specialize exclusively in consumer-directed personal assistance**
- **Offer highest pay rate to caregivers**
- **Provides your caregivers with health, dental, and vision benefits**
- **Consumers control their caregiver's rate**
- **Sign-on bonuses of up to \$500 for caregivers**
- **Help new consumers effectively manage caregivers through a peer mentor**

**Don't have a caregiver? No problem. When you enroll with CDChoices, you receive exclusive access to our Workforce Recruitment Portal, where you can choose from over hundreds of caregivers looking for work.**



## ***MEDICARE ANNUAL ELECTION 2022***

Fall Annual Election Period is quickly approaching! From **October 15 through December 7**, you can make changes as you need to your Medicare coverage such as your Part D (prescription coverage) or your Part C (Medicare Advantage Plan.) Any changes you make will take effect January 2023. If you choose to stay with your current coverage, nothing will change.

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone prescription drug plan (PDP), for those enrolled in Original Medicare, or a set of benefits included with your Medicare Advantage Plan.

### **Here are some questions you should ask before choosing a Part D plan:**

Are my prescriptions on the plan's formulary?

The **formulary** is the list of prescription drugs for which a Part D plan will help pay.

Does the plan impose any coverage restrictions, such as prior authorization, step therapy, or quantity limits?

How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?

How much will I pay for monthly premiums and the annual deductible?

How much will I have to pay for brand-name drugs? How much for generic drugs?

Do I need to enroll in Part D if I have other creditable coverage?

Do I need to enroll in Part D if I have job-based drug coverage?

While the majority of people with Medicare get their health coverage from Original Medicare, some choose to get their benefits from a Medicare Advantage Plan (like a HMO or PPO), also known as a Medicare private health plan or Part C. MA Plans contract with the federal government and are paid a fixed amount per person to provide Medicare benefits. Remember: MA Plans may have different networks of providers, coverage rules, premiums (in addition to the Part B premium), and cost-sharing for covered services. Even plans of the same type offered by different companies may have different rules, so you should always check with a plan directly to find out how its coverage works.

### **Here are some questions you ask before choosing a Medicare Advantage Plan:**

Providers, hospitals, and other facilities: Will I be able to use my doctors? Are they in the plan's network? Do doctors and providers I may want to see in the future take new patients who have this plan? If my providers are not in network, will the plan still cover my visits? Which specialists, hospitals, home health agencies, and skilled nursing facilities are in the plan's network?

Access to health care: What is the service area for the plan? Do I have any coverage for care received outside the service area? Who can I choose as my primary care provider (PCP)? Does my doctor need to get approval from the plan to admit me to a hospital? Do I need a referral from my PCP to see a specialist?

Costs: What costs should I expect for my coverage (premiums, deductibles, copayments)? What is the annual maximum out-of-pocket (MOOP) cost? Note: PPOs have different out-of-pocket limits for in-network and out-of-network care. If you're considering a PPO, find out what the different out-of-pocket limits are for in-network and out-of-network care. How much will I have to pay out of pocket before coverage starts (what is the deductible)? How much is my copayment for services I regularly receive, such as PCP or specialist care? How much will I pay if I visit an out-of-network provider or facility? Are there higher copays for certain types of care, such as hospital stays or home health care?



Benefits: Does the plan cover any services that Original Medicare does not (such as dental, vision, or hearing)? • Are there any rules or restrictions I should be aware of when accessing these benefits?

Prescription drugs: Does the plan cover outpatient prescription drugs? Are my prescriptions on the plan's formulary? Does the plan impose any coverage restrictions? What costs should I expect to pay for my drug coverage (premiums, deductibles, copayments)? How much will I have to pay for brand-name drugs? How much for generic drugs? What will I pay for my drugs during the coverage gap? Will I be able to use my pharmacy? Can I get my drugs through mail order? Will the plan cover my prescriptions when I travel?

Beneficiaries should keep their Medicare card in a safe place because they'll need it if they ever switch back to Original Medicare.

Contact the Office for the Aging and let a HIICAP counselor assist you in navigating the system and help you find the best possible coverage for your situation.

# SHOPPING BUS SCHEDULE AND SEPTEMBER MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk served with all meals. Menu Subject to Change. We apologize in advance for any changes. For any questions please call (845) 807-0241.</p>			<p>1) <b>ROUTE 4</b></p>	<p>2) Breaded Fish w/ Tartar Sauce Scalloped Potatoes French Cut Green Beans Dinner Roll, Fresh Apple K: Chicken</p>
<p>5) </p>	<p>6) <b>ROUTE 5</b></p>	<p>7) Sliced Pot Roast/Gravy, Baked Potato California Veg Blend Dinner Roll, Banana K: Turkey</p>	<p>8) <b>ROUTE 1</b></p>	<p>9) Kielbasa, Egg Noodles Red Cabbage, Hoagie Roll Pears K: Chicken</p>
<p>12) Beef Hot Dogs on Buns (2), Ketchup &amp; Mustard, Potato Salad, Cold Pickled Beets, Brownie Cookies K: Chicken</p>	<p>13) <b>ROUTE 2</b></p>	<p>14) Chicken Stew Egg Noodles Peas &amp; Carrots Biscuit, Applesauce K: Goulash</p>	<p>15) <b>ROUTE 3</b></p>	<p>16) Unstuffed Cabbage Boiled Potatoes, Carrots Rye Bread, Fresh Plum K: Pot Roast</p>
<p>19) Beef Stir Fry w/ Chinese Noodles, Over Rice, Oriental Vegetables, Pineapple K: Goulash</p>	<p>20) <b>ROUTE 4</b></p>	<p>Swedish Meatballs Brown Gravy Egg Noodles, Baby Carrots, Wheat Bread K: Manicotti</p>	<p>22) <b>ROUTE 5</b></p>	<p>23) Sausage Sandwich Peppers and Onions Baked Beans, Dinner Roll Sherbet K: Fish</p>
<p>26) Chicken Marsala w/ Mushroom Gravy Baked Potato w/ Sour Cream Beets, Rye Bread, Fruit Cocktail K: Chicken</p>	<p>27) <b>ROUTE 1</b></p>	<p>28) Corn Muffin Stuffed Pepper Mashed Potatoes Carrots, Mandarin Oranges K: Fish</p>	<p>29) <b>ROUTE 2</b></p>	<p>30) Tossed Salad Lazy Lasagna w/ Marina Sauce &amp; Meatballs (2) Italian Blend Vegetables Italian Bread, Fresh Orange K: Goulash</p>

**Route 1:** September 8th, September 27th

A. Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

B. Town of Rockland- Livingston Manor & Roscoe.

**Route 2:** September 13th, September 29th

A. Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. \* and some surrounding areas, not all areas included

B. Town of Thompson- All of Monticello, Mongaup Valley

**Route 3:** September 15th

A. Town of Bethel-Smallwood, Cocheton, Bethel Senior Housing and White Lake.

B. Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

**Route 4:** September 1st, September 20th

A. Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

B. Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

**Route 5:** September 6th, September 22nd

A. Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

B. Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake..

**See more Shopping Bus information on page 8**

## September is Hispanic National Heritage Month

National Hispanic Heritage Month honors the culture, heritage, history and contributions of both Latino and Hispanic Americans. The history and accomplishments of these groups in forming the country are celebrated. Other holidays fall during this month - such as the independence days of several Latin American countries - concerts, parades, food fairs, etc. Educational events like art exhibits also take place, spotlighting important Latino heroes in history. Their contributions are endless and embody the best of American values.

Hispanic Heritage Month started with one week of tributes when it was first introduced by Congressman George E. Brown in June 1968. With the civil rights movement, the need to recognize the contributions of the Latin community gained traction in the 1960s. Observation of Hispanic Heritage Week started in 1968 under President Lyndon B. Johnson and later extended to a 30-day celebration by President Ronald Reagan, starting September 15- October 15. It was enacted into law on August 17, 1988.

What is the difference between Hispanic and Latino? Hispanic refers to people from a Spanish speaking country and Latino refers to people from Latin American countries.

Hispanic and Latino Americans are the largest ethnic minority population in the U.S. About 1 in 6 people living in the U.S are Hispanic (almost 57 million). By 2035, this could be nearly 1 in 4.

Heart disease and cancer in Hispanics are the two leading causes of death, accounting for 2 out of 5 deaths. Hispanics have higher rates of diabetes, depression, chronic kidney disease, and other ailments. Hispanics are 3 times as unlikely as other ethnic groups to be uninsured. 1 in 3 has not completed high school; 1 in 4 lives below the poverty line; 1 in 3 does not speak English well, 24 percent of Hispanics 65+ live in poverty while 8% of White individuals 65+ live in poverty.



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## PENNY PINCHER

Want to have fun on a budget? Then this page is for you with free to low cost activities. Let's get thrifty.

Harvest Festival at Bethel Woods August 28–October 2, 2022 every Sunday 11:00 am-4:00 pm  
Admission \$5.00

Books by Mail through the Sullivan Public Library



**A CUP AND CONVERSATION—THE 2ND TUESDAY OF EVERY MONTH 10:00-11:00 AM DANIEL PIERCE PUBLIC LIBRARY GRAHAMSVILLE, NY**

**GIANT PUMPKIN PARTY— SATURDAY, OCTOBER 1ST 9:00AM-4:00PM GRAHAMSVILLE FAIRGROUNDS, RAIN OR SHINE**

**SULLIVAN COUNTY VOLUNTEER FIREFIGHTERS ASSOCIATION PARADE— SATURDAY, SEPTEMBER 17TH 1:00PM IN WHITE LAKE , NY**

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# TO AND FRO

## Shopping Bus Information

We are proud to provide a shopping bus for those registered with OFA. This is a SEPARATE SERVICE FROM MOVE SULLIVAN. Registration with the Office for the Aging is required. The suggested contribution is \$3 per round trip. Please dial 845-807-0244 to make a reservation at least 3 business days prior.

- Shopping runs will start at 7:30 a.m.
- Riders will get two hours to do their shopping.
- Buses will be limited from 5 to 6 people due to social distancing, and seats will be marked. All riders are required to wear masks.
- The amount of allowed shopping bags is 8.
- Shoppers will be limited to two runs per bus per day. A waitlist will be maintained for any last-minute cancellations and to provide priority for the next ride available. Please only make a reservation if you're absolutely sure you will be able to keep it.

(Please note: Route 2 Highland Area and Route

5 Town of Delaware are open to the general public. Please check

[www.sullivanny.us/Departments/Transportation](http://www.sullivanny.us/Departments/Transportation) for pick up locations. The same reservation procedures apply.)

**If you need Medicaid Transportation, their phone number is 1-866-573-2148**

## Move Sullivan

Move Sullivan is free of charge from August 1, 2022 through December 31, 2023.

Two new routes were added and are starting on September 1, 2022.

For further information, please contact (845) 434-4102

Or visit [www.movesullivan.com](http://www.movesullivan.com) or [movesullivan@rollingv.com](mailto:movesullivan@rollingv.com) or <https://sullivanny.us/Departm.../Transportation/> MoveSullivan

