



Madison County Office for the Aging, Inc.
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January 2020 Newsletter

A non-profit organization dedicated to promoting the independence of older individuals

Dear Friends,

As we begin the new year, I am hoping that you will use our newsletter as a resource to connect with community-based care opportunities that can assist with the “age in place” concept. We are here to help families define their priorities and determine what needs have to be met to live safely and independently. Our staff is available to counsel on a variety of programs and services. We hope to see you soon. ~Happy New Year from all of us at the Office for the Aging.



The Office For the Aging & SNACK Program will be closed on Jan 1st for New Years Day and Jan 20th in honor of Martin Luther King Day.

HAPPY NEW YEAR!!!

You and the 2020 Census

Everyone in the United States should respond to the 2020 Census, but many are wary of hoaxes and scams. There are a few things to keep in mind when providing information.



- In early 2020, every household will receive a notice to respond to the Census. Responses can be done online, by telephone, or by mail.
- The census will *never* ask for Social Security numbers, bank account or credit card numbers, money or donations, or anything related to political parties.
- Census workers will have identification badges and briefcases indicating their affiliation with the Census. They will introduce themselves as Census Bureau employees and show official Department of Commerce ID. They will explain the purpose of their visit.
- Census workers are in neighborhoods throughout the country (including throughout Madison County) preparing for the Census, but they will not ask anyone in the public for identification.
- Beginning in May, Census workers will follow up in person to households who have not yet responded.

By participating in the Census, those living in the U.S. not only fulfill their civic duty as required by the Constitution, they provide vital information for services such as program funding, government representation, and economic status.

For more information, visit 2020census.gov. To report any false information about the Census, email rumors@census.gov.

Cazenovia Gets a New SNACK Site

A second congregate meal site will be opening in Cazenovia in January. Meals will be served weekly on Wednesdays at 11:30 .

This site is hosted by
 St Peter’s Episcopal Church
 10 Mill St, Cazenovia

For more info please contact Louise
 at 315-256-3968

Note: Meals will continue unchanged at the Cazenovia Village Apts. on Tues & Fri.

OFA Outreach in Madison County

The Madison County Office for the Aging (MCOFA) Case Managers are scheduled to be at nutrition sites quarterly throughout the county. They are available to assist with paperwork or applications and are also knowledgeable about programs and services that you may be eligible for. They will be available at the SNACK locations listed below.

You can make an appointment to meet a Case Manager at a nutrition site or at the MCOFA office in Canastota by calling 315-697-5700.

- Cazenovia:** January 17 @ 11:30
- Oneida Towers:** January 21 @11:30
- Georgetown:** January 27 @ 11:15
- Hamilton:** February 5 @ 11:30
- Brookfield:** February 13 @ 11:15
- Perryville:** February 19 @ 11:45
- Chittenango:** March 3 @ 11:00
- Morrisville:** March 9 @ 11:30
- Canastota:** March 18 @ 11:30

New Year's Irresolutions

By: Carolyn Allen, MS, RD, CDN

Why do we try so hard to No. 1, think of a resolution to make at the beginning of every year, and No. 2, burn ourselves out trying to be successful with it? I do not know many people who have been successful with their resolutions. Every time I speak with someone about them, it is the same answer: I tried, but then I stopped because it was too hard.

Most of the time, these resolutions revolve around weight loss and/or some crazy, restrictive fad diet. However, if we already know we will not be meeting this extreme goal, why do we set ourselves up for failure?

Instead of making resolutions that are too high to reach, what if we made irresolutions? That is, no resolutions at all! If you want to get healthier and make better choices, why wait? Start small, with one simple thing. Even if it is putting less butter on your toast, or, reducing your spoons of sugar to your beverage by one. That is it! You are already successful! It is small enough to maintain and you feel good about yourself for doing it.

That is how resolutions should work. To your health!

Top five EPIC questions during Annual Election Period:

1—Do I have to re-enroll in EPIC every year?

No, if EPIC needs information, a letter will be sent to the member. The member must respond to the letter in a timely matter so they are not cancelled for the next calendar year.

2—Will I get a notice from EPIC telling me what my benefits are for next year?

Yes, EPIC will send out letters to members in December stating what their 2020 EPIC benefit will be.

3—How long does it take to take effect after application received?

It takes EPIC 7 business days to process the application once it is received. Once the member is assigned an EPIC ID number and listed as active, they can begin using EPIC as a secondary payer and show their EPIC card to the pharmacy.

4—What are the income limits? (EPIC always uses the previous year's income to determine eligibility.)

Single - \$75,000 or less Married - \$100,000 or less

5—If applying jointly, does each spouse have to meet the deductible separately?

Yes, each person enrolled into EPIC is considered a separate membership, just like Medicare.



Now open every Mon - Thurs,
9:00am-1:00pm

Located in the Gorman Foundation
Community Center,
1081 Northside Shopping Ctr., Oneida, NY
13421

Gorman Senior Place is the first independent senior center in Madison County and is a place for seniors to gather, socialize, learn and play!

Anyone over the age of 50 may participate!
No membership fees.

For more information please contact:
315-363-3377

From: <http://gormanseniorplace.org/>

THANK YOU FOR YOUR CONTINUED SUPPORT !

Clip & mail your contribution to Madison County Office for the Aging, Inc.
138 Dominic Bruno Blvd., Canastota, NY 13032



Name: _____ Address: _____

I wish my contribution to be used for: Use Where Most Needed In Home Services

Respite Program Legal Assistance RSVP Program Transportation Program

Caregiver Resources SNACK Program Health Insurance Counseling