



A message from  
Assemblywoman  
**SANDY  
GALEF**

**SENIOR FORUM 2010**

SUMMER 2010

2 Church Street, Ossining, NY 10562 • Phone: 914-941-1111 • Fax: 914-941-9132  
E-mail: galefs@assembly.state.ny.us • Web site: www.assembly.state.ny.us

Dear Constituent,

*This year, my senior forum will focus on aging in place and what the county, state, and federal governments have been doing to help you achieve your goal of staying in the community. We will be talking about making our communities more livable and accessible and the new federal health care legislation, as well as participating in an activity to help make our bodies look good and feel good.*

*While as a New York State legislator I had no direct involvement with the new federal health care law, this legislation will certainly impact the residents in my district so it is important to know what its effect will be on us personally. In addition, we will also discuss other legislation, both state and federal, which has been a priority this year and how it may benefit you.*

*Livable Communities has emerged as an important topic for Lower Hudson Valley residents. Groups have been created to help seniors make their homes more livable, their communities more accessible, and the roads better equipped for all ages and stages of life. Examples of improvements in livable communities would include more sidewalks and crosswalks on roads, and wider doors in homes for wheelchairs.*

*In addition, we will be having a physical therapist teach us some easy yoga stretches, so please wear comfortable clothing and shoes. I have never tried yoga before and look forward to joining everyone in learning something new to help our minds and bodies.*

*We will also hear from Dr. Craig Hametz, a board certified cardiologist at Hudson Valley Hospital Center. Dr. Hametz will be discussing heart health and steps that we can take to keep our hearts strong. I would like to thank Hudson Valley Hospital Center for once again sponsoring my senior forum and providing the breakfast that we will all enjoy.*

*Please join me on July 8<sup>th</sup> for breakfast at 9 a.m. and a thoughtful discussion on many topics. I look forward to seeing you then.*

Sincerely,

Sandy Galef  
Member of the Assembly

Assemblywoman Sandy Galef's  
**SENIOR FORUM 2010**

Sponsored by  
**Hudson Valley Hospital Center\***

**Thursday, July 8<sup>th</sup>, 2010**  
**9:00 a.m. - 12:00 Noon**

**Cortlandt Town Hall**  
**1 Heady Street, Cortlandt Manor**

**Speakers:**

**WILLIAM STONER**

New York State AARP Associate Director

**HANNAH GROSS**

Northwest Livable Community Connection Coordinator & Program Specialist at Westchester Community College

**MERYLE RICHMAN, PT, MS, CST**

Physical Therapy at Briarcliff and Jefferson Valley, P.C., Owner

**DR. CRAIG HAMETZ, MD**

Hudson Valley Hospital Center,  
Board Certified Cardiologist

**Find out about:**

**Livable Communities**  
**State and Federal Legislation**  
**Federal Health Care Reforms**  
**Easy Yoga Stretches**  
**Heart Health**

**Keeping our Hearts Strong**

**There will be an opportunity for questions and answers.**

\*Breakfast provided by Hudson Valley Hospital Center

# Assemblywoman Sandy Galef's SENIOR FORUM 2010

Sponsored by  
**Hudson Valley Hospital Center**



*I am pictured here speaking with a constituent at my 2009 Senior Forum last July.*



*Speaking at a local AARP meeting, I am pictured here with AARP Chapter 1183 Immediate Past President John Zaborney and Immediate Past Secretary Del Zaborney.*



*In Putnam Valley, I am pictured here with, from top left, Putnam County Sheriff Donald Smith, Ron Cummings of the PC Traffic Safety Board, and Paul Scheyerman at the "Keeping Seniors Mobile" conference sponsored by the Putnam County Traffic Safety Board.*

## What is a Livable Community?

A livable community is designed to help senior citizens maintain their independence and quality of life. Physical characteristics of a community often play a major role in facilitating our personal independence. Such characteristics include: a safe pedestrian environment, including sidewalks, crosswalks and adequate time to cross the street; easy access to grocery stores and other shops; a mix of housing types; and nearby health centers and recreational facilities – all important elements that can positively affect our daily lives. A livable community has affordable and appropriate housing, supportive community features and services, and adequate mobility options. Together these facilitate personal independence and the engagement of residents in civic and social life. Our goal must be to make all our communities more livable so we can remain living where we want to live.

## Kent Senior Center

Putnam County has been working hard to start building a Senior Center in Kent. This facility will address the growing needs of our senior citizen population in the area. I am happy to report that the state legislation, which Senator Leibell and I introduced and which was needed to authorize land use for this project, has been signed by the governor on May 18, 2010. The building of this much-needed community asset can now begin.

## Our Senior Forum Co-Sponsors:

Bethel Homes, Inc. • Briarcliff Manor Seniors • Buchanan Senior Citizens Club • Cortlandt Seniors • Crompond Seniors • Croton Senior Citizens • Drum Hill Senior Living • Nor-Cort Seniors • Ossining Golden Age Club #1 • Ossining Senior Center • Ossining Senior Citizens • Peekskill Senior Citizen's Club • Philipstown Senior Citizens • Putnam County AARP Chapter 1183 • Putnam County Office for the Aging • Putnam Valley Seniors • The Pines • Verplanck Seniors • Westchester County Department of Senior Programs and Services



# New York State Assembly Legislative Priorities of Interest to Seniors

## Senior Pedestrian Surveys - A1968

This bill would require the Department of Transportation to conduct a state-wide survey to determine the safety of senior pedestrians and to study the feasibility of suggested methods to enhance the safety of such pedestrians. Every year senior citizens have a disproportionately high representation among those killed or injured in pedestrian incidents. Preventive pedestrian safety measures have been implemented outside New York State, and it is reasonable and prudent that these measures receive scrutiny and consideration for use in New York State.

## Financial Exploitation Prevention Outreach, Education, and Training Program - A4743

This bill would create a Financial Exploitation, Outreach, Education, and Training Program within the New York State Office for the Aging. Seniors are often an attractive target of financial exploitation for a number of reasons. Seniors control over 70 percent of the nation's wealth. They may not realize the value of their assets, and often do not know what action to take when they are the victims of financial abuse. This bill would ensure that seniors receive the education and support they need so they do not become victims of financial abuse.

## Preserving EPIC Eligibility for Seniors Who Receive Small Increases in Retirement Benefits - A6646

This bill would ensure continuing EPIC eligibility for seniors who receive small increases in Social Security or pension benefits. The already high cost of prescription medicines is continuing to rise dramatically. Cost of living adjustments are usually minimal and quickly spent on other necessary services. It would be unfair to punish seniors who were previously eligible for EPIC but are no longer, solely due to a cost of living adjustment.

## Prohibiting Companies from Charging Customers a Fee for Receiving Paper Bills - A9451

This bill will prohibit businesses from charging customers a fee for choosing to receive a paper bill. In recent months, there have been instances of major companies proposing to impose an additional fee on the accounts of customers that choose to receive a paper bill or pay by United States mail. Such paper billing and payment fees unfairly impact consumers that do not have Internet access in their homes, as well as those who are uncomfortable using the Internet, including many senior citizens and those concerned about personal privacy.

## Increasing Fines for Deceptive Acts Against the Elderly - A10306

This bill increases penalties for violations of NY's deceptive acts and practices law, including increasing the civil fine for deceptive acts against the elderly from \$10,000 to \$20,000. These improvements would serve to provide a significant deterrent to unscrupulous entities that seek to perpetrate fraud against consumers and ensure that consumers who are victimized are able to obtain justice and be made whole.



*At the American Legion Ossining Post 506, I, along with other government officials including Cortlandt Town Supervisor Linda Puglisi, met with veterans to discuss the future of the VA Hospital in Montrose.*

## Regarding the Veterans Administration Hospital in Montrose:

I remain committed to and involved in the ongoing discussions regarding the future of the VA Hospital in Montrose. I have attended many meetings to discuss the importance of continuing health services for veterans at the site. I wrote a letter to General Eric Shinseki, the United States Secretary of Veteran's Affairs, inviting him to visit the facility so he can see firsthand how vital the Montrose Hospital is for veterans in our region.



*Deputy Mayor of Peekskill Don Bennett and I visited with veterans at the VA Hospital in Montrose, where we handed out Valentine's Day cards.*



ASSEMBLYWOMAN

# SANDY GALEF

Listed below are agencies in your area that may provide services you need.

### Social Services

Putnam County NY Connects 845-808-1700 ext47110

Westchester County NY Connects 914-813-6300

*NY Connects is a collaborative effort by the New York State Office for the Aging and New York State Department of Social Services to provide access to information and assistance about long term care.*

Home Energy Assistance Program (HEAP) 1-800-342-3009

Westchester County Office of Social Services 914-995-5000

Putnam County Office of Social Services 845-225-7040

### Social Security

*For these benefits: Retirement, Survivors, Disability, Supplemental Security Income (SSI), and Medicare*

General Phone Number 1-800-772-1213

### Health Services

The Centers for Medicare & Medicaid Services 1-800-633-4227

Westchester Department of Senior Programs and Services' Medicare Information Line 914-813-6100

*Helps seniors with Medicare issues. Those issues include Medicare parts A, B, C and D, Medigap insurance, cost-sharing, preventive benefits and appeals. It can also answer questions about New York State's EPIC to help eligible seniors pay prescription drug costs.*

Elderly Pharmaceutical Insurance Coverage (EPIC) 1-800-332-3742

### County Programs for Seniors

Putnam County Office for the Aging 845-808-1700

Putnam County Retired and Senior Volunteer Program (RSVP) 845-621-0600

Westchester County Department of Senior Programs and Services 914-813-6400

Westchester County Office for the Disabled 914-995-2957

### Veteran Services

VA Nurses Helpline 1-800-877-6976

*If you are a veteran and need medical advice or have a question about your medication.*

Westchester County Veterans Service Agency 914-995-2145

Putnam County Veterans Services 845-225-2260

### Safety Services

American Red Cross Westchester County Chapter 914-946-6500

Putnam County Chapter 845-938-4100

Westchester County Adult and Protective Services 914-995-4341

Westchester County Elder Abuse Helpline 914-813-6436

### The United Way

The United Way of Westchester and Putnam 211

*2-1-1 provides callers with information about, and referrals to, health and human services for everyday needs, and in times of crisis. 2-1-1 offers access to a range of services, including: **Basic Human Needs:** food, clothing, shelter, rent assistance, utility assistance, financial assistance; **Physical and Mental Health Challenges:** health insurance programs, Medicaid and Medicare, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation; **Challenges Facing Older Adults and People with Disabilities:** adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services; **Desire to Help:** volunteer opportunities and ways to donate.*

PLEASE CLIP OUT AND SAVE

## Air Times for "Speak Out" and "Dear Sandy" TV Shows

### CABLEVISION

All Cablevision stations now air episodes of "Dear Sandy" on Fridays at 9:00 p.m. and "Speak Out" on Wednesdays at 8:00 p.m.

PEEKSKILL/OSSINING Channel 15

Briarcliff, Ossining, Scarborough, Buchanan, Cortlandt, Croton, Garrison, Montrose, Peekskill, Philipstown, Verplanck

YORKTOWN Channel 74

Lake Peekskill, Putnam Valley

WAPPINGERS FALLS Channel 21

Cold Spring, Philipstown

COMCAST Channel 8

Carmel, Kent, Mahopac & Putnam Valley "Dear Sandy" - Fridays at 7:30 p.m. "Speak Out" - Wednesdays at 7:30 p.m.

VERIZON FIOS CUSTOMERS Public Access Channel

Please check your local listings for specific air times.