



A Message from Assemblywoman

Sandy Galef



2 Church Street, Ossining, NY 10562 • Phone: 914-941-1111 • Fax: 914-941-9132
Email: galefs@nyassembly.gov • Website: www.nyassembly.gov

UPCOMING EVENTS • JULY 2018

Dear Constituent,

I am very pleased to invite you to my annual Senior Forum. This year's forum will cover a variety of topics, from pertinent information about scams in our communities to transportation tips and more. The forum will be packed with engaging speakers and entertainment. You will receive important updates from the NYS Attorney General's Office. AARP will discuss their legislative priorities for the coming year. The forum is on Wednesday, July 18th from 9 a.m. to 12 noon in the Cortlandt Town Hall, located at 1 Heady Street, Cortlandt Manor.

The morning will begin with a light breakfast graciously provided by New York-Presbyterian/Hudson Valley Hospital, during which we will open the forum with some entertainment, led by singer/songwriter Judy Kass. An intermission will feature a short performance by Recovery Rep from Paramount Hudson Valley.

I have invited several speakers to talk about important and interesting topics that I hope you will find informative. Erin Mitchell from AARP will give an update on AARP's legislative priorities at the federal and state levels. Dr. Phillip Calenda, an Ophthalmologist, will be joining us to discuss how our eyes change as we age. Assistant Attorney General Gary Brown will update you on scams to watch out for and how to keep your information safe. Dr. Ricardo Esquitin, a cardiologist, will discuss some of the health issues that come with aging. Don Schuck from AAA will be joining us to discuss some of the ways we can improve our driving and remain vigilant on the road, as well as some tips for how to keep us safe.

I am eager to see you all in July and welcome you to call me for any reason should you have any comments, questions, or concerns.

Sincerely,

Sandy Galef

New York State Assemblywoman Sandy Galef's **SENIOR FORUM 2018**

Wednesday, July 18th
9:00 a.m. – 12 noon

Cortlandt Town Hall
1 Heady Street, Cortlandt Manor

**Breakfast sponsored by
New York-Presbyterian/Hudson Valley Hospital*
EVENT IS FREE. YOU DO NOT NEED TO RSVP.

Find out about:

- Safe driving at night •
- Eye health as we age •
- AARP's legislative priorities •
- How to keep your heart healthy through diet and exercise •
- How to avoid crimes targeted to seniors •
- Unclaimed funds •

Featuring:

Erin Mitchell

*Director of Engagement
AARP*

Don Schuck

*NYS Certified Driver Improvement Instructor
AAA*

Dr. Phillip Calenda, MD

*Ophthalmologist
New York-Presbyterian/Hudson Valley Hospital*

Dr. Ricardo Esquitin, MD

*Cardiologist
New York-Presbyterian/Hudson Valley Hospital*

Gary Brown

*Assistant Attorney General
Office of New York State Attorney General Barbara Underwood*

With Special Performances by:

Judy Kass

Singer, Songwriter

Recovery Rep

Paramount Hudson Valley Arts

Our Senior Forum 2018 Co-Sponsors:

Bethel Homes and Services • Briarcliff Manor Recreation Department • Buchanan Senior Citizens Club
Cedar Manor Nursing and Rehabilitation Center • Cortlandt Seniors • Crompond Seniors • Croton Senior Citizens
Drum Hill Senior Living • NewYork-Presbyterian/Hudson Valley Hospital • Nor-Cort Seniors
Ossining Senior Citizens • Peekskill Senior Citizen's Club • Philipstown Senior Citizens
Putnam County Office for Senior Resources • Verplanck Seniors
Westchester County Department of Senior Programs and Services

We've had plenty of storms... Here are some Storm Tips

1. Preparation

- A. Have a prepared kit with flashlights, fresh batteries, medication, toiletries, clothing and nonperishable food that does not require cooking.
- B. Have a list of important contact numbers for local authorities, the utility company, and friends and family handy and on paper for easy access. In the case of an outage contact the utility company to report the outage and determine a time-frame for power restoration.
- C. If you have special medical needs, alert local authorities and the utility company to ensure that you are a priority during restoration.
- D. Landlines do not go down with power outages.

2. Storm Proofing Your House

- A. Prior to a storm ensure that your car has a full tank of gas, and a mobile phone charger.
- B. If you live in a flood area ensure that you take precautions to make your property flood proof.
- C. If high winds are called for consider boarding windows to prevent windows from being blown in.
- D. If you have a generator, ensure that it has gasoline and is operational. Using your oven can lead to a dangerous buildup of carbon monoxide.

3. Evacuation

- A. Have a plan for which exits to use and where to meet if there is an emergency.
- B. Discuss meeting places and contact people for evacuation ahead of time.
- C. Reach out to local authorities for assistance in evacuating.
- D. Arrange for pets to be watched over by friends and neighbors in your absence.

4. Stay Informed

- A. Keep a battery powered radio nearby to stay up to date with weather and safety developments.
- B. Know what kinds of issues (floods, power outages, tornadoes, or hurricanes) are likely to occur in your area, this will help you make better decisions in terms of planning.

NYS Comptroller's Office – How to Search for Unclaimed Funds

As many of us know, things can get lost and misplaced. If we ever find the item it could be years later. This is why the Comptroller's Office has a tool to help NYS residents claim unclaimed funds in their name. Here are the steps to see if you have any unclaimed funds in your name. Search "Unclaimed Funds NYS" into a search engine and click on the Comptroller's Office (<http://www.osc.state.ny.us/ouf/>). On the site there is a "Search Now"

option where you can perform a search based on your information. If you find you have unclaimed funds you can follow the instructions on the website to see how to claim them.

If you need help with this search, go to your local library for assistance, or come to the Senior Forum to see if you have any money sitting in unclaimed funds.



I had the honor of presenting a citation to Philipstown's own Donna Anderson, an extraordinary volunteer and one of Putnam County's 2018 Senior of the Year Award recipients.



In the past few years, I have held a number of informational forums and discussions on topics that I believe are interesting to my constituents, including election reforms, the centennial of women's suffrage, and single payer health care. If you have any ideas of topics that you believe should be highlighted, please let my office know at 914-941-1111.

Assemblywoman Sandy Galef's Important Phone Numbers

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

Social Services

National Suicide Prevention Lifeline: **800-273-8255**
Putnam County Office of Social Services: ... **845-225-7040**
Westchester County Office of
Social Services: **914-995-5000**
Information and assistance about long term care.

Social Security

For these benefits: Retirement, Survivors,
Disability, Supplemental Security Income (SSI),
and Medicare General Phone Number: **800-772-1213**

Health Services

The Centers for Medicare
and Medicaid Services: **800-633-4227**
Elderly Pharmaceutical Insurance Coverage
(EPIC): **800-332-3742**

County Programs for Seniors

Putnam County Office of
Senior Resources: **845-808-1700**
Putnam County Retired and
Senior Volunteer Program (RSVP): **845-808-1734**
Westchester County Department of
Senior Programs and Services: **914-813-6300**
Westchester County Office for
the Disabled: **914-995-2957**
Senior Community Service
Employment Program (SCSEP): **914-428-5850**

Veteran Services

VA Nurses Helpline: **800-877-6976**
Westchester County
Veterans Service Agency: **914-995-2145**
Putnam County Veterans Service Agency: ... **845-808-1620**
Veterans Affairs Hospital - Women
Veterans Program
Montrose: **914-737-4400 Ext. 2757**
Castle Point: **845-831-2000 Ext. 5658**
Caregiver Support: **845-831-2000 Ext. 5487**
American Legion: **317-630-1200**

Safety Services

American Red Cross:
Metro New York North Chapter (includes
Westchester and Putnam Counties): **203-869-8444**
Westchester County Chapter: **914-946-6500**
Westchester County Protective Services
for Adults: **914-995-2259**
Westchester County Elder Abuse Helpline
(Yorktown): **914-245-9167 (non-emergency)**
..... **914-995-2099 (emergency)**
The United Way of Westchester and Putnam: **211**
2-1-1 provides callers with information about, and referrals
to, health and human services for every day needs, and in
times of crisis.

Aging in Place Services

Center for Aging in Place: **914-357-8511**
Being at Age 80 & Beyond:
Contact Claire J. Dutt at **914-941-1582**

Miscellaneous

Westchester County District Attorney:
Elder Abuse Bureau: **914-995-3000**
Economic Crimes Bureau: **914-995-3414**
Putnam District Attorney: **845-808-1050**
Westchester County
Elder Abuse Helpline: **914-813-6436**
Community Resources
Hebrew Home ElderServe 24-Hour hotline:
..... **800-567-3646**
Pace Women's Justice Center
Helpline: **914-287-0739**
Become an Organ Donor: **646-291-4626**

I had the honor of joining Town Supervisor Linda Puglisi and a number of veterans from the Town of Cortlandt to remember the sacrifices made by many men and women to ensure the freedom and safety we enjoy today.



Other Government Representative's Contact Numbers

U.S. Senator Kirsten Gillibrand (Yonkers) .. **845-875-4585**
U.S. Senator Chuck Schumer (Peekskill) **914-734-1532**
U.S. Congresswoman Nita Lowey
(White Plains)..... **914-428-1707**
U.S. Congressman Sean Patrick Maloney
(Newburgh)..... **845-561-1259**
NYS Governor Andrew Cuomo (Albany) ... **518-474-8390**
NYS Senator Sue Serino (Putnam Valley)... **845-528-0417**
NYS Senator David Carlucci (Ossining) **914-941-2041**
NYS Senator Terrence Murphy
(Carmel)..... **845-225-3025**
NYS Assemblywoman Sandy Galef
(Ossining) **914-941-1111**
Putnam County Legislative Office **845-808-1020**
Westchester County Board of Legislators..... **914-995-2800**

My shows air regularly as follows:

Cablevision

Dear Sandy: Fridays at 8:30 pm
 Speak Out: Wednesdays at 8:30 pm
 Ossining and Peekskill Channel 15

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

Wappingers Falls Channel 21

(Cold Spring, Philipstown North)

and

Yorktown Channel 74

(Lake Peekskill)

Comcast

Dear Sandy: Fridays at 7:30 pm
 Speak Out: Wednesdays at 7:30 pm
 Carmel, Kent, Mahopac and Putnam Valley Channel 8

*Please check your local listings as the air dates for this channel may change

Verizon Fios

Dear Sandy: Fridays at 9:00 pm
 Speak Out: Thursdays at 8:00 pm
 On Channels 37 and 40 depending on your location

Television Shows:

I am always happy to send you DVDs of my television programs. Call or email my office with your name, address, and which show you would like, and my staff will send you a copy as soon as possible. You may be interested in the recently aired programs: "Speak Out: The Dangers of E-Cigarettes and Vaping" and "Dear Sandy: Breaking News with Jay Forbes."



I met with Dr. Stumacher, a Pulmonologist, Jack Waxman, a senior at Scarsdale High School, and Michael Maitland, a senior at Horace Greeley High School to discuss the dangers of e-cigarettes and vaping on my TV Show "Speak Out."



On "Dear Sandy," Croton resident Jay Forbes and I had an opportunity to talk about the Breaking News Discussion Group, which he started, and which meets at the Ossining Library to talk about provocative issues and hot topics in the news. For more information, call the Ossining Public Library at 914-941-2416.



A message from
 Assemblywoman
Sandy Galef

New York State Assembly
 Albany, New York 12248

PRSRT STD.
 U.S. POSTAGE
 PAID
 Albany, New York
 Permit No. 75

Upcoming Events

• JULY 2018 •



A group of Peekskill seniors came to visit Albany in June, and I was able to catch up with them between meetings. It was great to see a group of my constituents come to our state's capitol to see for themselves the process that creates our laws and the buildings, art, and memorabilia that have shaped, and been shaped by, our state's history.