



# 60 PLUS

Also Inside this Issue....

University Express Classes	3
Health Insurance News	4
Caregiver News	5-6
Nutrition Program News	8-9
HEAP News	10

## Be Heard—We're Listening! Public Hearing on October 29 at West Seneca Senior Center

The Erie County Department of Senior Services' Public Hearing will be held on Thursday, October 29th at the West Seneca Senior Center, 4620 Seneca St. at 12:30 pm (immediately following the Stay Fit lunch —call 675-9288 for lunch reservations). We want to hear your thoughts about existing services, needed programs, and things you would like to see. Topics at past listening sessions have included: how to stay in your home, help with minor home repairs, and creating senior-friendly and safe communities. A draft summary of the Department's plans for delivery of service will be available after Oct. 19 at [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices) or by calling Jennifer Wood at 858-7532. Let us know what's important to you for future programs and services.

Sept. 25: Tribute Day for RSVP volunteers—Call 858-7548 to find out how you can make a difference in our community this year.

Sept. 29: University Express Classes start—Find something of interest to you on pg. 3

Oct. 29 @ 12:30 pm Senior Services Public Hearing at West Seneca Senior Center - please share your ideas.

Nov. 3: Election Day—VOTE!!!

Nov. 11: Veteran's Day—Thank you for your service!

Nov. 14: Caregiver Day for You—details on pg. 6

Nov. 19: Great American Smokeout—it's never too late to quit and improve your health!

### Message From the Commissioner...

If you've read our newsletter in the past, you already know something about many great programs and services offered through Erie County Department of Senior Services. It is clear that the more than 120 individuals who work for this Department are truly dedicated to serving our older residents and their families. They work extremely hard day in and day out, with very little public recognition or acknowledgement. I therefore share some of the kind words of thanks their actions have brought to my desk - just a sampling of letters received, and only a small representation of the many wonderful employees who work in the Department. My hat goes off to those referenced, and indeed to all of our valued staff.

M.K. of Lackawanna writes: "...great pleasure I bring to your attention the valuable and much needed service and attitude of...Mr. Bill Daniels...took time to listen to my frustrations in the Medicaid health care delivery system and navigated right through them with my mother...does his job with a caring and approachable attitude. He listened to my problems, saw the deficiencies and solved them. He did not tell me to call this number or that. He called and got answers. Mr. Daniels represents the type of work force that you want....as you are aware...many are overwhelmed with changes to their healthcare and are without the wherewithal to navigate this uncharted area...great employee...work ethic, you should be very proud to have him in your administration."

P.W. writes: "Have had interaction with several sections of Erie County services over many years... thousands of 'not at my desk right now' phone responses... There is a man who works for you who has

(Continued on page 2)



Commissioner  
Brenda W. Ward

single handedly restored my faith in mankind and Erie County Services Department... actually answers his phone in person, often... always calls back when he says he will... helpful, kind and sympathetic... he makes you and your unit look good... I can't adequately tell you how wonderful this man has been in helping our family with our elderly sister... suggest that you run, don't walk, over to the nearest person named Jerry Walh, and tell him what an outstanding job he is doing on your behalf. Thank you for offering him to us to help with our situation..."

D.M.F of Cheektowaga writes: "I was seriously hurt seven years ago...now on Workers Comp and Social Security Disability...need the assistance of HEAP Program... as a disabled person it is very difficult to wait so long and only be helped by the nastiest of people who made you feel so [degraded]. They had no patience, awful attitudes, and downright seemed to hate their jobs. Today I had the most nicest, caring, patient and generally kind- hearted and spirited caseworker... Kenneth Brown from the Senior Assistance dept. of HEAP on Pearl Street...made me feel like someone actually cared. I cannot say enough about him, but I need to let you know that a member of your county team not only does exceptional work, but has a heart too....wish I could repay him for his heart-felt generosity... someone needs to shine the light on him as he shined a light on me..."

H.P.L. born in 1938, lives in Buffalo writes: "I thank you for help to issue card for bus, and give me much papers, documents about...for old men and women. I will "propaganda" at my Vietnamese club/ community for help for all old people. Thank you very much, May god bless America and you (at Rath Building)."

E.D. writes: "How pleased I am to have K.D. as my case manager... has been a God send! ...calls me regularly and has provided information on many programs that are available to me...helped me get Meals on Wheels, an increase in my Social Security Benefit, and has offered to sign me up for programs

where people would come into my home to assist me to continue to live independently. K.D. is always kind, professional and friendly... recently contacted me about a program that will provide me with a "lifeline" type service in the event I need assistance and am unable to reach the phone..."

J.F. of Cleveland, Ohio writes: "Dear Ms. Jean Neal, I'd like to thank you for commendable service

*"feel so lucky to have her looking out for me and my needs. She suggests things that I have never considered nor knew were available! Then she does all the work to provide me with the services or programs to which I am entitled!! It is just wonderful to have someone so knowledgeable and considerate working for me... If all employees and people in general were like her, I know the world would be a better place."*

you rendered to me in securing services for my dad. What the world needs are more people of your caliber to help us through this muddle and maze. I hope your supervisors know what an asset they have in you, as an employee. Things seem to be falling into place...I may have further questions and I know you'll be there for me."

Nancy Schneider of Sr. Svcs. writes to co-worker Corrine Martin: "at an outreach, the coordinator made a point of stopping me...You visited her mom to assess for Meals on

Wheels and other things. Her brother who had come in from out of town was there at the assessment (as she had just gotten back to work after having a bout with cancer. She was taking care of her mother up until then)... wanted me to tell you thank-you, thank-you, thank-you! ...about 20 minutes telling me what a great job you did. They were very worried about their mom as she was refusing any assistance. Her brother told her how you listened, agreed with her about wanting to be independent, and then explained how the services were going to help her to do that. Barb said her mom loves you and is now agreeing to services. Apparently you totally impressed her brother and her...spent 20 minutes telling me about you. Didn't surprise me!"

Each of these are only an example of how my staff "just doing their job" makes a difference. If there is any way you think we might be able to help you, or someone you know, please pick up the phone (858-8526) or a pen (95 Franklin Street, Buffalo, New York 14202) or go to your computer (SeniorInfo@erie.gov) and just let us know. We are here to serve you.

# University Express Schedule for Fall 2009

An exciting partnership between Niagara University Continuing Education and RSVP brings stimulating academic classes to adults age 55 or older. Whether you want to learn about Native American cultures, jazz & blues, family names, local history, about the veterans of Korea, Vietnam or WWII, University Express has it!!

**For a detailed listing of what each course is about, call RSVP at 858-7548  
or go to [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices) to download it  
Registration should be made directly to each site hosting the class:**

Canterbury Woods, 705 Renaissance Dr., Williamsville 929-5823  
Cheektowaga Senior Center, 3349 Broadway, 686-3930  
Orchard Park Senior Center, 70 Linwood Ave., 662-6452

Class Topic	Location	Day	Date	Time	Cost
Keepers of the Western Door	O.P.	Tues.	29-Sep	12:30 PM	\$5 covers bus
Great Decisions - Afghanistan/ Pakistan	O.P.	Thurs.	Oct 15	3:00 PM	GD \$5 each or
Great Decisions - Health Care Reform	O.P.	Thurs.	Oct 22	3:00 PM	\$15 for G.D.
Great Decisions - Cuba after Castro	O.P.	Thurs.	Oct. 29	3:00 PM	series of four
Great Decisions - Global Food Supply	O.P.	Thurs.	Oct. tbd	3:00 PM	includes book
Positive Psychology	Cheek.	Fri.	2-Oct	10:30 AM	FREE
Peace Prints & Nonviolence	O.P.	Mon.	5-Oct	1:00 PM	FREE
Peace Prints & Nonviolence	Cantrbry.	Mon.	5-Oct	8:00 PM	FREE
Parent-Adult Child Relationship 101	O.P.	Tues.	6-Oct	3:00 PM	FREE
Derivation of American Family Names	Cantrbry.	Wed.	7-Oct	8:00 PM	FREE
History of Jazz	Cheek.	Thurs.	8-Oct	10:30 AM	FREE
Positive Psychology	Cheek.	Fri.	9-Oct	10:30 AM	FREE
Children of the Civil War	Cheek.	Wed.	14-Oct	1:00 PM	FREE
Stories from My Life	Cantrbry.	Wed.	14-Oct	8:00 PM	FREE
Amelia Earhart	Cheek.	Thurs.	15-Oct	10:30 AM	FREE
Derivation of Family Names	Cheek.	Thurs.	22-Oct	1:00 PM	FREE
Veterans of World War II	O.P.	Mon.	26-Oct	1:00 PM	FREE
History of Blues	Cheek.	Tues.	27-Oct	1:00 PM	FREE
Bike Path Rapist	Cantrbry.	Mon.	2-Nov	8:00 PM	FREE
Veterans of Korean War	O.P.	Mon.	2-Nov	1:00 PM	FREE
Chemical Technologies	O.P.	Thurs.	5-Nov	1:00 PM	FREE
Architecture in Buffalo	Cheek.	Mon.	9-Nov	10:30 AM	FREE
Veterans of Vietnam War	O.P.	Mon.	9-Nov	1:00 PM	FREE
What Happened to Wall Street?	Cantrbry.	Mon.	9-Nov	8:00 PM	FREE
Swine Flu	O.P.	Tues.	10-Nov	3:00 PM	FREE
Buffalo Memories	O.P.	Thurs.	12-Nov	1:00 PM	FREE
Memory Techniques	Cheek.	Thurs.	12-Nov	10:30 AM	FREE
Generation of Electricity	Cantrbry.	Mon.	16-Nov	8:00 PM	FREE
History of Jazz	O.P.	Mon.	16-Nov	1:00 PM	FREE
What Happened to Wall Street	O.P.	Thurs.	19-Nov	1:00 PM	FREE
History of Jazz	Cantrbry.	Mon.	23-Nov	8:00 PM	FREE
Pan-American Exposition	Cheek.	Mon.	23-Nov	10:30 AM	FREE
Crystal Beach	Cantrbry.	Mon.	30-Nov	8:00 PM	FREE
James Joyce	Cantrbry.	Wed.	2-Dec	8:00 PM	FREE
Swine Flu	Cantrbry.	Mon.	21-Dec	8:00 PM	FREE

### **Extra Help**

Medicare again will be starting their annual enrollment for new prescription drug plans, but for seniors who need extra help affording their prescriptions, Erie County Senior Services helps throughout the year. Extra Help, often called the Low-Income Subsidy, is a government subsidy for Medicare Prescription Drug Plans to cover all or some of the costs associated with the program such as premiums, deductibles, and prescription co-payments. Eligibility is based on income levels and assets. Individual income cap is \$16,248 and resource cap of \$12,910.

If you are interested in the Medicare Extra Help subsidy, just **call 858-7883** to find out more. Experts are available to present to groups or speak with individuals one-on-one, walking people through the application and follow-up process. Even if you're not eligible for the Extra Help, there may be other programs to help with the costs of medical and prescription insurance, or to "fill the gaps" in your health insurance.

### **Medicare Savings Programs**

If your net monthly income is less than \$1,239 (single) or \$1,660 (couple), New York State could pay your Medicare Part B premium. There is no limit to how much money you have in the bank!

### **Is Long-Term Care Insurance Right for You?**

Medicare, Medicare supplemental insurance (Medigap), and traditional health and disability insurance plans typically do not cover long-term care services. Long term care insurance covers many services provided in a nursing home, at home, in an assisted living facility, or in other community-based settings. Because Senior Services DOES NOT SELL policies, we are able to offer objective information.

### **New York Prescription Saver (NYPS):**

A free prescription discount card for New York residents 50 to 64 years of age, or persons with a disability regardless of age. Income limits are up to \$35,000 single / \$50,000 married.

### **Recently Unemployed or Retiring Soon? Worried about Health Insurance Benefits?**

Senior Services can help explain options you have available to keep your health insurance in force. We can also tell you if you might qualify for federal, state, local or private programs that help pay for meals, prescriptions, utility bills, health care and other needs.

### **And we also help people under the age of 60!**

Just call 858-7883 with any health or long term care insurance question.

[www.erie.gov/insuranceresourcecenter](http://www.erie.gov/insuranceresourcecenter)

---

## **Medicare covers many health screenings!!**

Included are the initial Preventative Physical Exam, and for many people, also cardiovascular screenings such as lipid, cholesterol, triglycerides, diabetes screenings, mammograms, and perhaps even smoking cessation counseling...Speak with your doctor(s) to maximize your health benefits. More information about the screenings is at [www.erie.gov/depts/seniorservices/health/insurance.asp](http://www.erie.gov/depts/seniorservices/health/insurance.asp) or by calling 858-7883.

---

## **Survey for those born prior to 1965**

If you were born before 1965 and currently live in Erie County, Senior Services would appreciate you taking a short survey at <http://surveys.canisius.edu/babyboomers.aspx>

As part of discussions about "senior centers" of the future, Senior Services needs to hear from people who are Baby Boomers (born 1946-1964) or older, to know more about what you enjoy doing -- sports, dance, crafts, movies, music, etc. -- and what **you would like** to see offered at a center. The survey also requests your thoughts about the term "senior center" and any suggestions for an alternate name. Designed by marketing research students at Canisius College for the Erie County Department of Senior Services, it is hoped that survey findings will help to shape activities and programming for older adults in the future.

# Powerful Tools for Caregivers Classes

Classes for People Helping Older Relatives or Friends

A six-week educational program designed to provide caregivers the tools needed for taking care of themselves is now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and balance their lives. **Pre-Registration is required** - Call 858-2177 or e-mail [caregiver@erie.gov](mailto:caregiver@erie.gov) for more information about Powerful Tools for Caregivers Classes and to register. There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook*\*

Schofield Residence 3333 Elmwood Ave., Kenmore	Tues.	Sept. 15 - Oct. 20, 2009 3:00 pm - 5:30 pm
Elderwood at Rosewood 76 Buffalo St., Hamburg 14075	Tues.	Sept. 22 - Oct. 27, 2009 6:00 pm - 8:30 pm
**Fellowship World 1420 Main St., Buffalo 14207	Thurs.	Sept. 24 - Oct. 29 5:00 pm - 7:30 pm
Elderwood Maplewood Commons 151 Bennett Rd., Cheektowaga 14227	Wed.	Oct. 7 - 28; Nov. 4, 11 6 pm - 8:30 pm
PRESENTED IN SPANISH **Asbury Shalom Zone 520 7 <sup>th</sup> St., Buffalo	Wed.	Oct. 7 - 28; Nov. 4, 18, 25 11 am - 2 pm
VA WNY Healthcare System, rm. 1104 3495 Bailey Ave., Buffalo 14215	Thurs.	Nov. 5 - 19; Dec. 3 - 17 4:00 pm - 6:30 pm
Peregrine's Landing 575 Cayuga Creek Rd., Cheektowaga <i>Free respite available for memory impaired during classes - inquire when registering</i>	Thurs.	March 25 - April 29, 2010 10:00 am - 12:30 pm

*\*Complete course cost is covered for all Independent Health and Blue Cross & Blue Shield of WNY health insurance members.*

*\*\* Course cost is covered in full by CHF Cultural Diversity Grant funding for those who are uninsured.*

Additional classes are being scheduled. For more information or to register, contact:  
Erie County Department of Senior Services at 858-2177 or e-mail: [caregiver@erie.gov](mailto:caregiver@erie.gov)  
Class listing is also on our website at: [erie.gov/depts/seniorservices](http://erie.gov/depts/seniorservices)

Supported by a grant from the Community Health Foundation of Western and Central New York and co-sponsored by The University at Buffalo, School of Public Health and Health Professions and the Erie County Caregiver Coalition.

# Caregivers: This Day Is For You!



November 14, 2009  
8:30 AM — 3:00 PM

Millennium Airport Hotel  
2040 Walden Avenue  
Cheektowaga

## Workshop topics include:

- Stressed? Frustrated? Overwhelmed? Learn to be Your Best!!
- "Elder" Proofing Your Home
- Who's Helping the Family Caregiver
- Dealing With Challenging Behaviors
- An Attorney Talks with Caregivers
- Chi for You, Two, or More!
- Coping with Personal Care Issues
- Home Activities for Loved Ones With Dementia
- Laughter: The New Stress Buster!
- Depression:  
What Caregivers Need to Know
- How to Manage  
Your Loved One's Healthcare
- Accessing Veteran's Benefits

Although there is no charge for this Workshop & Resource Day, **registration is required.**

To register please call:

**(716) 858-2177**

or e-mail

**caregiver@erie.gov**

Lunch and adult respite care will be provided at no charge.

Visit resource tables with local vendors.

**Keynote speaker:**

**Dr. Kenneth Garbarino**

*Hosted by:* Erie County Caregiver Coalition and  
Kaleida Health Geriatric Ambulatory Program

Long term care involves more than just the elderly and nursing homes—it encompasses a wide variety of services to assist someone who may have difficulty with daily activities such as bathing, dressing, eating, etc. Services are not only for elderly, but **for anyone of any age** requiring assistance. Long term care services to help may include home delivered meals, transportation, respite care, home care, counseling and support, insurance information and counseling, and discussions of residential housing options and supports.

**Erie County NY Connects: Choices for Long Term Care** provides **free information and assistance** on long term care services for persons of all ages, provided in an unbiased manner without regard to income. When an individual or caregiver contacts Erie County NY Connects, expert staff assess the caller’s situation. They provide information and direct linkages to agencies that deliver services appropriate to the caller’s needs and eligibility. Providers of services for disabled children and adults, as well as for senior citizens, work collaboratively to offer effective care to address each individual’s specific needs.



**(716) 858-8526**

www.erie.gov/nyconnects  
Long distance 1-800-396-2705

Erie County NY Connects strives to improve the lives of those needing assistance through early intervention, making it easier for individuals to lead lives of independence, while promoting optimal health and dignity.



## Do you take care of someone under the age of 6??

If you care for a child under the age of six (grandchild, niece, nephew, etc.) for more than 6 hours a week in your home, you may be eligible for **FREE** lead abatement assistance in your home. The most common cause of lead poisoning in children is lead-based paint. If floors have dust or paint chips from old painted walls or windows, a baby could breathe in lead dust, or suck on lead-dusted hands or toys. Some toddlers eat paint chips or chew on lead-painted window sills and stair rails. Call the **LEADS SAFE** Erie County Lead Hazard Control Program at (716) 961-6800 to find out more about this **FREE** program.

### Thank You For Your Support and Generosity

As the number of seniors grows, so does the need for our vast array of services. The Department of Senior Services encourages and appreciates donations. If you are in a position to do so, please fill out the form below. 100% of your contribution will be used to provide direct service to an older adult in need. **Thank you!!!!**

I designate my donation of \$ \_\_\_\_\_ for:

- \_\_\_\_\_ Newsletter
- \_\_\_\_\_ Caregiver Education and Services
- \_\_\_\_\_ Transportation
- \_\_\_\_\_ In-home Services

- \_\_\_\_\_ **Use where most needed**
- \_\_\_\_\_ Home-delivered meals
- \_\_\_\_\_ Adult day services
- \_\_\_\_\_ Health Promotion

**Mail to:**

Erie County Department of Senior Services  
95 Franklin St., Rm. 1329  
Buffalo, NY 14202

Please make check payable to:  
Erie County Department of Senior Services.  
Your check is your receipt.

# NUTRITION PROGRAM

## Farmers Markets and Coupons 2009: Trying to meet the nutritional needs of our senior population in Erie County

by Susan J. Radke RD,CDN, Nutrition Program Director

The Erie County Department of Senior Services received 3,400 farmers' market coupon booklets, which were distributed this summer to senior citizens at more than 60 locations including the Rath Building. Seniors who qualified received a coupon booklet valued at \$20 to purchase locally grown fruits and vegetables at over 40 farmers market locations in the WNY region. The Coupon Booklets are allocated through the New York State Department of Agriculture and Markets.

Nutrition program director Susan Radke, RD, CDN says "This is a wonderful opportunity to promote healthy eating, and benefits both needful adults and the local farmers. However, it is a mixed blessing because although we received 3,400 coupon booklets, the need is so great that



Jackie Brice, Jeanine Rouleau, and Lillie Walton of Senior Services distribute Farmers Market coupons to consumers in the Rath Building.

there are more than 30,000 senior who actually qualify by income, and many, many seniors are disappointed when we run out so quickly. That is why we encourage and supply information about other services provided by our Department of Senior Services; information such as the Stay Fit Dining lunch program, Food Stamps, food pantries and other food opportunities. We also provide Nutrition Education and Outreach Information to let seniors know what services are available for the residents of our area."

Even if you didn't receive farmer's market coupons, shopping at local farmers markets is a wonderful opportunity to buy fresh produce, interact with

local growers, ask questions and obtain first-hand knowledge on the use and storage of fresh fruits and vegetables. Going to a local market can be a family event as people of all ages are welcome and many markets have homemade pies, breads, cookies, honey, handmade soaps and even items for pets. Markets are generally open early-July through mid-November.

The Stay Fit Dining Program offers a hot, balanced luncheon Monday through Friday at 45 different locations, year-round. A variety of activities are offered in a safe, fun, comfortable and informational setting. The only criterion is that you must be 60 years or older, and we encourage reservations so there will be a meal for you. Our menus are great, prepared with utmost pride and the expertise of the Nutrition Program professional staff. They can be viewed on line at [www.erie.gov/stayfit](http://www.erie.gov/stayfit) and are posted at each site.

For more information on locations or menu information, please contact the Nutrition Program Office at 858-7639.

Erie County Diabetes Resource Guide may be of interest to anyone affected by this disease. Go to <http://doclibrary.com/MS149/DOC/DIABETESRESOURCEGUIDEERIE1143.pdf> or [www.p2wny.org/news/?id=54](http://www.p2wny.org/news/?id=54) has links to other counties' information.

## Best Seasons for Fresh Fruits and Vegetables

Many of the listed fruits and vegetables are available year round, but their cost may be higher and quality may be less desirable.

**Apples:** *January-May, September-December* Choose firm apples with no soft spots.

**Bell Pepper:** *Year-round* Choose peppers with firm skin, with no wrinkles.

**Broccoli:** *January-May, September-December* Select bunches that are dark green.

**Carrots:** *Year-round* Pick carrots that are deep orange in color. Avoid carrots that are cracked or wilted.

**Corn:** *May-September* Husks should be green, tight, and fresh looking. The ear should have tightly packed rows of plump kernels.

**Cucumber:** *May-September* Choose firm cucumbers with rich green color and no soft spots.

**Eggplant:** *July-October* Pick symmetrical eggplant; avoid oversized eggplants which may be tough and bitter.

**Grapes:** *June-December* Look for firm, plump, well-colored clusters.

**Lettuce:** *Year-round* Choose fresh, crisp leaves with no wilting.

**Mushrooms:** *January-April, November-December* Mushrooms should be firm, moisture-free (not dry), and blemish-free.

**Onion:** *Year-round* Onions should feel dry and solid with no soft spots or sprouts.

**Peach:** *June-September* Choose peaches soft to the touch with a fragrant smell.

**Pear:** *January-May, August-Dec.* Ripe pears yield slightly to gentle pressure at the stem end.



Dietician Colleen Eder helped distribute Farmers Market coupons in Springville.

**Healthy Harvest Fest**  
**Saturday, 9/26 9am-1pm**

**Bailey Clinton Market**

- ✓ Cooking demo with Mr. Food
- ✓ Cooperative Extension
- ✓ and much more!

**Strawberries:** *April-July* Strawberries should be dry, firm and well shaped and be a bright shade of red.

**Summer Squash:** *June-August* Look for squash that are firm with bright, glossy exteriors.

**Sweet Potato:** *September-December* Choose firm, dark, smooth sweet potatoes.

**Tomato:** *May-August* Select plump tomatoes with smooth skins, free of bruises or cracks.

Keep a list of your medications with you at all times. It helps you to communicate with your health providers when going to a hospital or during an emergency. During the October storm, many people showed up at shelters without their medications or even a list. Use the handy “wallet card” on the next page, —————> or for more ideas visit [www.erie.gov/depts/seniorservices/health/weather\\_emergency\\_preparation.asp](http://www.erie.gov/depts/seniorservices/health/weather_emergency_preparation.asp) for Emergency Preparedness information or [www.erie.gov/depts/seniorservices/health/personal\\_health.asp](http://www.erie.gov/depts/seniorservices/health/personal_health.asp) for a Personal Health Record. If you don’t have web access, call 858-8526 and ask for these.

And a quick reminder: “Give your family peace of mind, not tough choices.” Complete a health care proxy. For information and helpful links, visit [www.erie.gov/depts/seniorservices/health/health\\_care\\_planning.asp](http://www.erie.gov/depts/seniorservices/health/health_care_planning.asp)

---

## Home Energy Assistance Program

Last year, Senior HEAP helped more than 20,000 seniors! Again, there will be an early HEAP application mail out for Senior Citizens who received HEAP in 08-09. If you do not receive an application for 09-10 HEAP in the mail by mid-October, please call 858-1969 for an application. The letter will have a return address of either Erie County Department of Social Services or Erie County HEAP Office. Please complete and mail the application back as soon as possible for quickest service. The early mail-out does NOT include senior citizens in receipt of Food Stamps or Temporary Assistance, as those clients will generally receive the regular HEAP benefit automatically without the need for a mail-in application. Eligibility letters for these clients are usually issued in November or December, and benefits are generally credited to heating bills in December or January.

Household Size	09-10 Income Limit
1	\$2,030
2	\$2,657
3	\$3,279
4	\$3,903
5	\$4,528
6	\$5,152

Eligibility for this federal program is based on household income (guidelines for the 2009-2010 season are at the right), not the amount of your utility bill. The HEAP office opens to the public on November 2, 2009. For other HEAP questions, call the HEAP hotline at 858-7870, or check more detailed information at [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices).

---

## What do we do?? Estimated number of persons served by the Department of Senior Services last year:

- \* Information & Assistance received more than 12,000 calls from seniors and family members. There were 304,000+ hits to the Senior Services’ extensive website pages in 2008 [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices)
- \* Going Places van system provided seniors with almost 60,000 (one-way) trips.
- \* Stay Fit Dining sites served more than 378,600 hot noonday meals to 4,779 registered seniors, and Meals on Wheels delivered 747,594 meals to over 4,700 homebound seniors.
- \* 1,286 RSVP volunteers provided 194,304 hours of community service, valued at over \$3.7 million.
- \* EISEP home care provided more than 100,000 units of service, including personal care and housekeeping to 4,867 older persons. The Case Management system provided almost 197,000 hours of service to more than 9,000 frail elderly living in the community, including casework, financial management, guardianship, and home services through Protective Services.
- \* 12,171 hours of legal counsel were provided to 895 seniors in need of assistance, including seniors raising and adopting children. Also through the Department, 431 seniors were assisted in seeking employment opportunities, job placement or referral, and job skills building.





ERIE COUNTY 60 PLUS

is published by the

Erie County Department  
of Senior Services

13th Floor  
95 Franklin Street  
Buffalo, NY 14202

[www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices)

*Chris Collins*  
County Executive

*Brenda W. Ward*  
Commissioner

*Jennifer Mantione*  
Editor

PRSR STD  
U.S. Postage  
PAID  
Buffalo, NY  
Permit No. 994

## From the County Executive... Be Counted - It's Important !



County Executive  
Chris Collins

In February and March 2010, the U.S. Census Bureau will mail or deliver more than 130 million questionnaires to households across the nation. Residents are urged to promptly complete and return the forms by mail. All residents of the United States must be counted. This includes people of all ages, races, ethnic groups, citizens and non-citizens. The 2010 Census will have one of the shortest questionnaires in history, with only a few simple questions— asking for such information as name, relationship, gender, age and date of birth, race, and whether respondents own or rent their home. Most people will have the short form sent to their home for the head of the household to fill out. This simple, short form takes just a few minutes to complete and return by mail. Only three million households a year will receive the “long-form” or American Community Survey (ACS) – which gathers more accurate social and economic data. **Your answers are very important** as they represent the answers of many other similar households in our community. **Your answers are kept confidential** — by law, the Census Bureau cannot share answers that

respondents provide with anyone or any other government agency.

**Census affects funding in our community** - Data directly affects how more than \$300 billion per year in federal and state funding is allocated to communities for services, improvements, public health, education, transportation and much more. That's more than \$3 trillion over a 10-year period. Spending just a few minutes to fill out your census form will help ensure your community gets its fair share of federal and state funding.