

MONTGOMERY COUNTY OFFICE FOR AGING, INC.

# SERVICE BOOKLET



OFFICE FOR AGING

AGE WITHOUT LIMITS



**NY Connects**  
Your Link to Long Term  
Services and Supports

of MONTGOMERY COUNTY

135 GUY PARK AVENUE · AMSTERDAM, NY 12010

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[WWW.OFFICEFORAGING.COM](http://WWW.OFFICEFORAGING.COM)

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## MISSION STATEMENT

As a private, not-for-profit organization, our commitment is to serve older Montgomery County citizens and their families, by helping them to maintain their independence, dignity and quality of life.

**VISION** As we look to the future, we aspire to:

- Offer core services to older citizens in Montgomery County.
- Employ an appropriate number of staff to manage present and future needs.
- Expand outreach to better serve our non-English speaking citizens
- Enhance the agency's financial stability through effective management, grant writing, special events and other fundraising activities.
- Improve visibility and interaction with key stakeholders by developing an agency website and involvement in social media sites.

All of our services and programs are designed specifically for adults age 60 and older. We are an equal opportunity employer/service provider and do not discriminate on the basis of race, color, ancestry, national origin, age, sex, handicap, sexual orientation, or any other unlawful bias.

The Montgomery County Office for Aging, Inc. is a 501 (c) 3 not-for-profit organization. The quality and scope of services and programming are enhanced by the generous support of private donations. Individuals contemplating lifetime gifts, and/or planning their estates may wish to consider a gift through outright giving or by will or trust to perpetuate the good work done by the Montgomery County Office for Aging, Inc.

# ADVOCACY

## **THE MONTGOMERY COUNTY OFFICE FOR AGING, INC.**

advocates for older individuals of Montgomery County to help them preserve, develop and protect their programs, services and rights. Since 1975 the agency, a not-for-profit corporation, has helped older adults and their caregivers to advocate for themselves through an atmosphere of opportunity, support and care. Donations are appreciated to help support this effort.

## INFORMATION & ASSISTANCE

**INFORMATION AND ASSISTANCE:** Provides the best source of information about services for older adults, including entitlement programs, health insurance, retirement planning, long-term care options, financial concerns, and homecare. Check local media and our website for the latest information about activities and programs for older adults.

**CASE ASSISTANCE:** Helps older adults and their families to determine eligibility and apply for benefits and services.

### **"CUPBOARD OF KINDNESS" FOOD AND PET PANTRY:**

Provides seniors age 60 and older with food, paper products, pet food and supplies once a month on the 2nd and 4th Friday of each month at the following two locations.

Amsterdam - 9 a.m.-12 p.m.

United Methodist Church—347 Golf Course Rd.

Fort Plain - 12:30-2 p.m.

Fort Plain Senior Center—204 Canal St.

**LIFESPAN:** Our bi-monthly newsletter is mailed and emailed to households and available at various locations throughout the county to provide news and information. To request a copy by mail or email, please call (518) 843-2300.

## IN-HOME SERVICES

### **EXPANDED IN-HOME SERVICES FOR THE ELDERLY PROGRAM**

**(EISEP):** Provides help at home with bathing, dressing, shopping, laundry and cleaning. This cost-sharing program is a sliding-fee scale based on monthly income and expenses. An in-home assessment to determine eligibility and needs is required. Persons eligible for Medicaid can receive this type of service through the Department of Social Services.

**FRIENDLY VISITOR:** Weekly visits by volunteers offer companionship to homebound older persons.

**HOME ENERGY ASSISTANCE PROGRAM (HEAP):** Provides fuel or utility credit with energy suppliers for income eligible people who rent or own. HEAP also provides other heat-related emergency benefits. The OFA assists adults age 60 and older, or disabled persons of any age.

**TELEPHONE REASSURANCE:** A daily phone call by a volunteer to check on the well-being of homebound older person.





# NUTRITION

**CAFÉ STYLE MEALS:** Hot noon meals are provided at several locations throughout the county for adults age 60 and older and their spouses (regardless of spouse age). There are no income eligibility requirements. Call (518) 843-2300 or (518) 673-2000 to reserve a meal. Registration, which includes a nutritional risk assessment, is required annually for all congregate meal participants. Hours vary. Call for more information.

**NUTRITION EDUCATION AND COUNSELING:** A Certified Nutritionist offers nutrition education and counseling for all congregate or home-delivered meal program participants to help with special diet problems, restrictions and nutrition-related concerns.

**RAO FAMILY MEALS OF MONTGOMERY:** Home-delivered meals available to adults age 60 and older who meet eligibility criteria. There are no income eligibility requirements but an assessment must be completed. Meals are delivered hot and ready to eat Monday through Friday.

## CAFÉS

### AMSTERDAM

Garden Towers Café  
52 Division St.  
(New Amsterdam  
Apts.)

### CANAJOHARIE

Café Arkell  
55 Montgomery St.  
(Arkell Center)

### ST. JOHNSVILLE

Westside Café  
16 Washington Ave.  
(Community House)



## OTHER SERVICES AND OPPORTUNITIES

**FAMILY CAREGIVER SUPPORT:** Provides information, support, and respite to people in a primary caregiver role and helps keep the care receiver at home to prevent or delay placement into an assisted living or nursing home. An in-home assessment is required and then a home-health aide is provided to perform personal care and/or housekeeping in order to give the caregiver a break.

**HEALTH INSURANCE INFORMATION, COUNSELING AND ASSISTANCE PROGRAM (HIICAP):** Provides free, accurate, and objective information, counseling, assistance and advocacy on Medicare. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. HIICAP also provides information on low income programs such as the Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Program and “Extra Help” prescription assistance.

**LEGAL SERVICES:** Consultation available for help with entitlement programs such as Medicaid or Supplemental Security Income, landlord/tenant issues, Powers of Attorney (POAs), healthcare proxies and wills by an elder law attorney. By appointment only.

**NY CONNECTS:** One-stop shopping for all long-term care needs. Provides answers and referrals to assist individuals of all ages in planning for their long-term care needs including Medicaid and food stamp applications.

**NY Connects Satellite Office:**

Hours may vary, call for an appointment, (518) 843-2300.

Canajoharie, 28 Church Street

**PHOTO I.D.:** Provides photo identification cards by appointment only. Call (518) 843-2300 for an appointment and to find out what documentation you must provide.

**SNAP-ED NY:** Nutrition Educator works with individuals, community agencies and others to educate, empower, and support change. SNAP-Ed utilizes multiple approaches to deliver healthy eating and active lifestyle messages to the community. It provides hands-on interactive teaching in person, over the phone and by video on a variety of topics. This program strives to collaborate with local agencies to improve the health of the community! Learn tips and tricks for shopping and eating healthy today by contacting SNAP-Ed's nutrition educator today at OFA.

**TRANSPORTATION:**

- Taxi tickets—Discount vouchers for taxi rides to and from medical appointments and grocery shopping.
- OFA Senior Transport—Volunteer driver program provides rides to out-of-town medical appointments and grocery shopping.
- Specialized medical transport for clients without Medicaid.

**VOTER REGISTRATION:** Help for new registrations, change of address or party affiliation.

**VOLUNTEER SERVICES:** Opportunities to serve others: friendly visitor, telephone reassurance, clerical assistance, Advisory Council, Board of Director and Foundation memberships, as well as helping with special events.



## WE NEED YOUR SUPPORT

Because needs are always greater than the resources available, the Montgomery County Office for Aging, Inc. encourages and appreciates donations.

Name \_\_\_\_\_ Address \_\_\_\_\_

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

- Use where most needed**
- HIICAP
- Legal services
- Caregiver/Respite services
- "Cupboard of Kindness" Food/Pet Pantry
- Home-care services
- Meals Program
- LIFESPAN
- Transportation

Foundation

- Please make check payable to: Foundation for MCOFA

**"Save a Stamp"** please do **NOT** acknowledge my donation by mail

Please do **NOT** acknowledge my donation in LIFESPAN

- Please make check payable to:  
Montgomery County Office for Aging, Inc.

**Clip and return this coupon with your donation to 135 Guy Park Ave., Amsterdam, NY 12010  
Thank you! All donations are greatly appreciated!**

All contributions are tax deductible to the extent of the law.  
For tax purposes, you will receive a receipt for single donations of \$250 or more.

## SUGGESTED CONTRIBUTIONS

### SERVICE

### SUGGESTED CONTRIBUTION

Café Style Meal	\$3.00 per meal
Home-delivered Hot Meal (for eligible participants)	\$3.00 per meal
Cold Supper Bag (for eligible participants)	\$2.75 per meal
Frozen Week-end Meal (for eligible participants)	\$3.00 per meal
Emergency Meal (shelf-stable)	\$3.00 per meal
Guest Meal (under age 60)	\$9.89 fee per meal
Nutrition Counseling	\$3.00 per hour
Housekeeping (for EISEP eligible participants)	\$3.00 per hour
Personal Care (for EISEP eligible participants)	\$3.00 per hour
Photo ID Card	\$3.00 per card
LIFESPAN Newsletter	\$10.00 annual subscription
Health Insurance Information, Counseling, and Assistance Program (HIICAP)	\$3.00 per visit
Legal Assistance	No suggested amount (client advised of actual cost of service)
Family Caregiver Services	\$3.00 per hour for respite (client advised of value of supplemental services)

While there is no suggested contribution amount for other services, clients are given the opportunity to make donations. **Any** and **all donations** help us continue to provide vital services to the older residents of our county. We thank you for your consideration.