

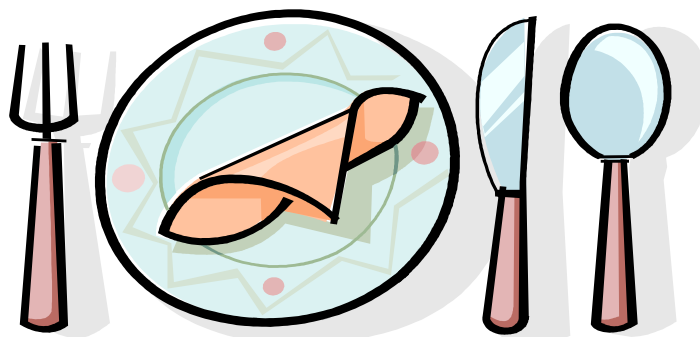
The  
Fulton  
County **OFFICE**  
**FOR AGING**  
*Vital information  
for vital generations.*

# ***NEWSLETTER***

19 N. William St., Johnstown, NY 12095 • phone: (518) 736-5650 • fax: (518) 762-0698  
**Andrea Fettinger, Director** website: [fcofa.org](http://fcofa.org) • e-mail: [fcofa@co.fulton.ny.us](mailto:fcofa@co.fulton.ny.us)

**Summer July-August-September 2010**

**Issue 169**

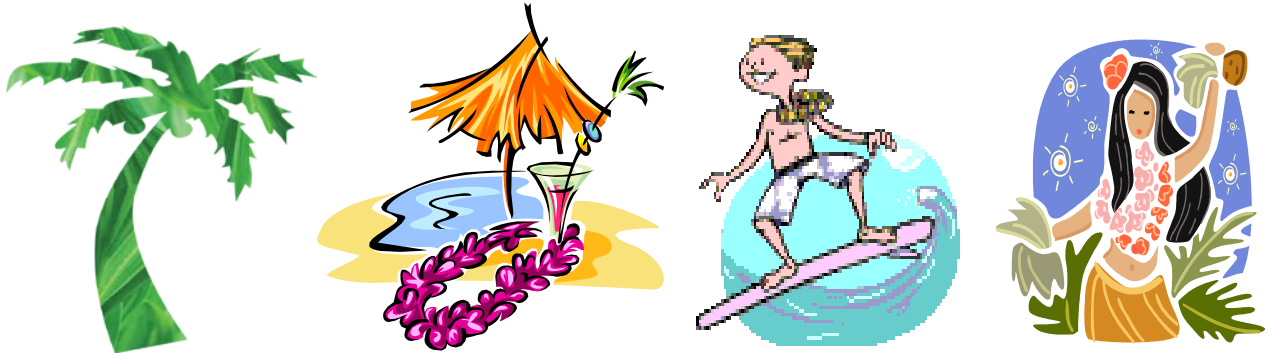


# **Thank You!!**

Ida McGinnis Senior Club  
Gloversville Firefighters Association  
Forest Hill Towers Tenants' Association  
Gloversville Housing Authority  
Kingsboro Towers Tenants' Association  
Fulton County Outreach Team, Inc.

**...for your generous donations to the Fulton Co.  
Office for Aging Senior Nutrition Program. Your  
support will help us to continue to serve hot,  
healthy meals to seniors who really need them,  
especially in the City of Gloversville...**

Save the Date !!!  
Thursday, July 29<sup>th</sup>, 2010  
23<sup>rd</sup> Annual Senior Picnic



Concordia Park

9am - 2:30pm

Ticket price \$ 8.00 per person

Wear your favorite Hawaiian Shirt, your favorite grass skirt, and be ready to dance to your favorite beach music! See you at the Beach!

Call the Office for Aging for more information

~518-736-5650~

# Fulton Co. Office for Aging Senior Nutrition Program

## MENU ~ July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 5</p> <p>CLOSED FOR FOURTH OF JULY</p> <p>Have a nice day!</p>	<p>July 6</p> <p>Fiesta Chicken, Rice Pilaf, Brussels Sprouts, Rye Bread, Cookie</p>	<p>July 7</p> <p>Ham and Cheese Pasta Salad, Carrot Raisin Salad, Coleslaw, White Bread, Pudding</p>	<p>July 8</p> <p>Tangy Meatloaf, Mashed Potatoes, Mexicana Corn, Italian Bread, Apricots</p>	<p>July 9</p> <p>Macaroni and Cheese, Stewed Tomatoes and Zucchini, Green Beans, Wheat Bread, Birthday Cake</p>
<p>July 12</p> <p>Hot Dog with Sauerkraut, Baked Beans, Mixed Vegetables, Hot Dog Roll, Fruit Cocktail</p>	<p>July 13</p> <p>Cheesy Ham and Rice Casserole, Beets, Applesauce, White Bread, Brownie</p>	<p>July 14</p> <p>Chicken and Biscuits, Mashed Potatoes, Peas and Carrots, Fresh Fruit</p>	<p>July 15</p> <p>Ziti with Meatballs, Tossed Salad with Dressing, Garlic Roll, Chef's Choice Dessert</p>	<p>July 16</p> <p>Egg Salad Cold Plate, Marinated Broccoli, Macaroni Salad, Wheat Bread, Ambrosia</p>
<p>July 19</p> <p>Sloppy Joes on Hamburger Bun, Tater Tots, Cauliflower, Apricots</p>	<p>July 20</p> <p>Lemon Chicken, Mashed Potatoes Green Beans, Oat Bread, Cookie</p>	<p>July 21</p> <p>Veal Parmesan, Rotini with Sauce, Italian Blend Vegetables, Italian Bread, Peachy Cheesy Dessert</p>	<p>July 22</p> <p>Ham Salad Cold Plate, Potato Salad, 3-Bean Salad, White Bread, Fresh Melon</p>	<p>July 23</p> <p>Broccoli and Cheese Baked Potato, Chicken Nuggets, Dipping Sauce, Wheat Bread, Pudding &amp; Mandarin Oranges</p>
<p>July 26</p> <p>BBQ Chicken Baked Beans, Country Blend Vegetables, Peaches</p>	<p>July 27</p> <p>Hamburger with Onions &amp; Peppers, Oven Baked Potatoes, Corn, Hamburger Roll, Cookie</p>	<p>July 28</p> <p>Breaded Fish, Au Gratin Potatoes, Spinach, Hamburger Roll, Jell-O</p>	<p>July 29</p> <p>Annual SENIOR PICNIC at Concordia Club. \$8.00. Tickets and info available at 736-5650 No Congregate or HDM meals today</p>	<p>July 30</p> <p>Swedish Meatballs, Egg Noodles, Beets, Wheat Bread, Chef's Choice Dessert</p>

## MENU ~ August 2010

<p>Aug 2 Hamburger with Peppers and Onions, Oven Fried Potatoes, Green Beans, Rye Bread, Rosy Pears</p>	<p>Aug 3 Chicken Cacciatore, Rotini in Sauce, Brussels Sprouts, Italian Bread, Cookie</p>	<p>Aug 4 Macaroni and Cheese, Tomatoes and Zucchini, Mixed Vegetables, White Bread, Fresh Fruit</p>	<p>Aug 5 Ham and Cheese Cold Plate, Potato Salad, Carrot Raisin Salad, Wheat Bread, Peachy Dessert</p>	<p>Aug 6 Pork Chop in Gravy Stuffing, Spinach, Oat Bread, Strawberry Shortcake</p>
<p>Aug 9 Hot Meatball Sub, Italian Blend Vegetables, Hot Dog Roll, Brownie</p>	<p>Aug 10 Chicken and Biscuits, Mashed Potatoes, Broccoli, Pudding</p>	<p>Aug 11 Turkey, Gravy Stuffing, Sonoma Blend Vegetable, Italian Bread, Ambrosia</p>	<p>Aug 12 Egg Salad Cold Plate, Mac Salad, Gelatin Salad, Wheat Bread, Birthday Cake</p>	<p>Aug 13 Goulash, Cauliflower, Garlic Roll, Fruit Cocktail</p>
<p>Aug 16 Kielbasa and Sauerkraut, Baked Beans, Calif. Blend Vegetables, Hot Dog Roll, Peaches</p>	<p>Aug 17 Baked Chicken in Gravy, Potatoes, Squash, White Bread, Whipped Cream Fruit medley</p>	<p>Aug 18 Ham &amp; Cheese Cold Plate, Broccoli, 3-Bean Salad, Hamburger Roll, Cake</p>	<p>Aug 19 Baked Fish with Lemon Sauce, Mashed Sweet Potatoes, Carrots, Rye Bread, Lemon Lush</p>	<p>Aug 20 Stuffed Peppers, Italian Blend Vegetables, Tossed Salad and Dressing, Garlic Roll, Cookie</p>
<p>Aug 23 Swedish Meatballs, Egg Noodles, Mixed Vegetables, Oat Bread, Pears</p>	<p>Aug 24 BBQ Pork Ribbecue, German Potato Salad, Green Beans, Hot Dog Roll, Cookie</p>	<p>Aug 25 Ham n Pineapple, Scalloped Potatoes, Peas &amp; Carrots, Wheat Bread, Melon</p>	<p>Aug 26 Chicken &amp; Wild Rice Casserole, Beets, Blend Vegetables, Rye Bread, Mousse</p>	<p>Aug 27 Turkey, Cheese Mac Salad, Marin Beets, Roll, Applesauce</p>
<p>Aug 30 Chicken Breast In Gravy, Mashed Potatoes, Red Cabbage, Italian bread, Apricots</p>	<p>Aug 31 Hamburger Cabbage Casserole, Rice, Corn, Oat Bread, Pudding Square</p>	<p>Sept 1 Veal with Peppers and Onions, Rotini in sauce, Italian Blend Vegetables, Rye Bread, Orange</p>	<p>Sept 2 Hot Dog with Meat Sauce, Baked Beans, Wax Beans, Hot Dog Roll, Chef's Choice Dessert</p>	<p>Sept 3 Turkey Cold Plate, Macaroni Salad, 3-Bean Salad, Wheat Bread, Fruited Gelatin with topping</p>

# MENU ~ September 2010

Sept 6  CLOSED FOR LABOR DAY	Sept 7  Meatballs in Sauce with Pasta, Capri Blend Vegetables, Pineapple	Sept 8  Roast Chicken, Mashed Potatoes, Mixed Vegetables, Oat Bread, Lemon Lush	Sept 9  Macaroni and Cheese, Peas and Carrots, Beets Wheat Bread, Cookie	Sept 10  Salisbury Steak & Gravy, Rice Pilaf, Brussels Sprouts, White Bread, Fruit Cocktail
Sept 13  Breaded Fish, Seasoned Noodles, Spinach, Rye bread, Pears	Sept 14  Chicken and Biscuits, Mashed Potatoes, Winter Squash, Gelatin	Sept 15  Ravioli in Sauce, Italian Blend Vegetables, Garlic Roll, Birthday Cake	Sept 16  Roast Pork with Gravy, Mashed Sweet Potato, Red Cabbage, Italian Bread, Fruit	Sept 17  Beef Burgundy, Egg Noodles, Country Blend Vegetables, White Bread, Vanilla Pudding with Mandarin oranges,
Sept 20  Spanish Rice, Green Beans, Garlic Roll, Peaches	Sept 21  Corn Chowder, Chicken Nuggets, Dipping Sauce, Wheat Bread, Brownie	Sept 22  Ham and Cabbage Boiled Dinner, Boiled Potato, Carrots, Rye Bread, Pineapple Upside Down Cake.	Sept 23  Beef Patty with Peppers + Onion, Mashed Potatoes, California Blend Vegetables, Hamburger Roll, Chef's Choice Pie	Sept 24  Broccoli and Cheese Stuffed Baked Potato, Fish Nuggets, Tartar Sauce, Hot Dog Roll, Banana
Sept 27  Sweet and Sour Chicken, Confetti Rice, Japanese Blend Vegetables, Rye Bread, Apricots	Sept 28  Beef Stew with Vegetables, Biscuit, Cookie	Sept 29  Chili, Mixed Vegetables, Corn Bread, Cake	Sept 30  Roast Turkey With Gravy, Stuffing, Peas, White Bread, Fruited Gelatin	Oct 1  Meatloaf and Gravy, Mashed Potatoes, Sonoma Blend, Vegetables, Oat Bread, Ambrosia



# Health Care Reform and Seniors

Health care reform has been a subject of concern and confusion for the senior community. The health care reform legislation includes provisions related to the Medicare program that older Americans should know about. This is just a snapshot of what is to come:

## Seniors can look forward to some upgrades to the quality and cost of care:

- **Wellness and prevention services**

Beginning in 2011 Medicare will cover a free annual wellness visit and a personal prevention plan. Also no coinsurance or deductible will be charged for traditional preventative services.

- **The “Donut Hole”**

For 2010, part D enrollees that fall into the gap will receive a \$250 rebate. (these checks are scheduled to start being sent out on June 15<sup>th</sup> automatically if you qualify). Beginning in 2011, Seniors hitting the “donut hole” will receive a 50% discount on brand-name drugs, provided by the pharmaceutical industry. The law also phases in Medicare coverage in the gap for generic drugs beginning in 2011, and for brand-name drugs beginning in 2013. By 2020, Part D enrollees will be responsible for 25 percent of the cost of both brands and generics in the gap, down from 100 percent in 2010.

- **Medicare Advantage Plans**

Beginning in 2011 Medicare Advantage plans are prohibited from imposing higher cost-sharing requirements than traditional fee-for-service Medicare for chemotherapy, renal dialysis, skilled nursing care, and other services.

- **Open Enrollment Period**

The open enrollment period will be changed to October 15 to December 7 of each year, beginning in 2011 for plan year 2012.

The Fulton Co. Office for Aging has more information about these and other Health Care Reform Act decisions. Call us at 518-736-5650. If you are computer savvy you can log-on to Kaiser Family Foundation website at: <http://www.kff.org/healthreform/8060>.



# **YOU CAN LEAVE THE NURSING HOME!**

Spring and Summer are times for family celebrations prompted by graduations, weddings, and the holidays of Memorial Day and Independence Day, among other events.

Residents of nursing homes often want to join in the family festivities but may be under the impression that they will lose Medicare coverage if they do so. This is not true.

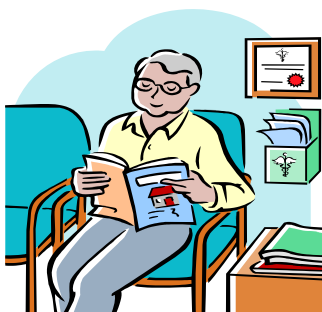
The Medicare Benefit Policy Manual recognizes that although most beneficiaries are unable to leave their facility, an outside pass or short leave of absence for the purpose of attending a special religious service, holiday meal, family occasion, going on a car ride, or for a trial visit home, is not, by itself evidence that the individual no longer needs to be in a SNF for the receipt of required skilled care.

A facility should NOT notify patients that leaving the facility will lead to loss of Medicare coverage. Such a notification is "not appropriate," says the Manual. If the resident returns to the facility by midnight, the facility can bill Medicare for the day's stay. If the resident is gone overnight (i.e., past midnight) and returns to the facility the next day, the day the resident leaves is considered a leave of absence day. While the facility cannot bill Medicare for leave of absence days, it is today unclear whether the facility can bill the beneficiary for those days.

As the Center for Medicare Advocacy has reported in prior years, Chapter 6 of the Medicare Claims Processing Manual says that the facility cannot bill a beneficiary during a leave of absence. However, a provision in Chapter 1 of the Medicare Claims Processing Manual, issued May 30, 2008, authorizes skilled nursing facilities to bill a beneficiary for bed-hold during a temporary "SNF Absence" if the SNF informs the resident in advance of the option to make bed-hold payments and of the amount of the charge and if the resident "affirmatively elect[s]" to make bed-hold payments prior to being charged. Whether these apparently contradictory provisions in the Medicare Claims Processing Manual can be reconciled remains to be seen.

For more information about resident's rights contact Susan Orcutt, the Fulton County Long Term Care Ombudsman at Fulton County Office for Aging, 518-736-5650. The Long Term Care Ombudsman Program provides nursing home and adult home residents, their family and friends with information about their rights and assistance when needed to resolve concerns and complaints residents may have about their care and quality of life in their respective homes.

Source: May 2010 CMA Alerts at [www.medicareadvocacy.org](http://www.medicareadvocacy.org)



# New York State Fair



## **Senior Citizen's Day Trip Tuesday, August 31<sup>st</sup>, 2010**

Fulton Co. Office for Aging **will** sponsor a coach bus to the State Fair again this year. Call the Office at 518-736-5650 for specific prices and time schedules. See you at the Fair!!

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