Greetings!

October is such an amazing month for us here in the northeast. We get to experience the splendor of the changing colors, cooler mornings, followed by warmer afternoons. So delightful!

While the chipmunks have been busy preparing for the winter, our office has been busy getting ready for the Medicare Annual Open Enrollment period. We are quickly becoming familiar with Medicare plan updates for 2022 and look forward to hearing from you to discuss your options.

New this year, the Heating Assistance Program (HEAP) opened as of October 1st, an entire month earlier than in past years.

Lastly, I’d like to welcome Racheal Dames to our Caseworker staff. Rachel’s kind, empathetic nature, along with her knowledge and experience as a nursing home social worker, make her a welcome addition to our team!

Some interesting dates to celebrate this month:
October 5th - Do Something Nice Day

Stay well and safe!

Sincerely,

Angelina

Angelina J. Searles
Director
Employee Recipe Corner
courtesy of Katie Connelly

OLD-FASHIONED SOFT PUMPKIN COOKIES

**Ingredients**
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 1/2 cups granulated sugar
- 1/2 cup butter (1 stick), softened
- 1 cup LIBBY’S® 100% Pure Pumpkin
- 1 large egg
- 2 teaspoons vanilla extract, divided
- 2 cups powdered sugar, sifted
- 3 tablespoons milk

**Directions**

**Step 1**
Preheat oven to 350° F. Grease baking sheets.

**Step 2**
Combine flour, baking soda, baking powder, cinnamon, nutmeg and salt in medium bowl. Beat sugar and 1 stick butter in large mixer bowl until well blended. Beat in pumpkin, egg and 1 teaspoon vanilla extract until smooth. Gradually beat in flour mixture. Drop by rounded tablespoon onto prepared baking sheets.

**Step 3**
Bake for 15 to 18 minutes or until edges are firm. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

**Step 4**
Combine sifted powdered sugar, milk, 1 tablespoon butter and remaining 1 teaspoon vanilla extract in small bowl until smooth. Drizzle over cookies.

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Medicare’s Open Enrollment 2022

Medicare’s Fall Open Enrollment is the time of year when you can make changes to your Medicare insurance coverage. Medicare’s Open Enrollment period beings October 15th to December 7th. Medicare health and drug plans make changes to their plans each year. Changes can include: change in costs, coverage, providers and pharmacies. During Medicare Open Enrollment, you can review your current health or drug plan coverage for the following year. If you are dissatisfied with your current coverage for next year, you can make changes during the open enrollment period. You can join, switch or drop a Medicare health plan or a Medicare Advantage Plan with or without drug coverage. Your new coverage will begin January 1 (as long as the desired plan gets your request by December 7).

Your existing health or prescription drug plan will be sending you their 2022 Annual Notice of Change. The Annual Notice of Change will inform you of the changes being made to your current plan for the upcoming year. It is important monitor your mail for this information and important to review this notice very carefully. If you are satisfied with your current plan, you will not need to do anything.

Senior Resources is here to help you with your Medicare decisions. Our caseworkers are certified, unbiased Health Insurance Counselors that can meet with you during Medicare Open Enrollment to review your current plan and help you make necessary changes if needed.

**Call us for an appt. to discuss your options**
518-459-5051

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**STAFF CONTACT INFORMATION**

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Racheal Dames, Caseworker
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518-459-5764

Kelly O’Sullivan, Caseworker
osullivank@colonie.org
518-867-3931
Equipped for the Journey:
Embracing Emotions as Part of Life & Love
Recognizing Grief Throughout Life's Transitions

Tuesday - October 12, 2021 • 3-4:30pm
Cultural, Spiritual & Trauma Awareness:
How people from different faiths & cultures
approach loss

Tuesday - October 26, 2021 • 3-4:30pm
Making your wishes known: Difficult
Conversations about end of life.

Tuesday - November 9, 2021 • 3-4:30pm
Facing Serious Illness

Tuesday - December 7, 2021 • 3-4:30pm
Making Our Way to a Good Death

REGISTRATION IS REQUIRED!!
https://interland3.donorperfect.net/weblink/
weblink.aspx?name=E347338&id=129

Questions? Contact Felicia Segelken, LMSW
518-817-5262 • fsegelken@lifepathny.org

Interested in volunteering?
Need volunteer services?
We are continuously recruiting volunteers to
provide Telephone Reassurance to seniors in
need. This opportunity allows you to volunteer
right from your home! Telephone reassurance
program provides a simple, yet effective,
way to promote social connection and
address senior loneliness.
If you are interested in learning more,
please contact Kelly O’Sullivan
518-867-3931 • osullivank@colonie.org

Emergency Rental Assistance Program
Eligible Albany County residents must meet
the following criteria:
- Household gross income at or below 120% median income. (see below chart)
- A household member received unemployment benefits or had a reduction in income, incurred
significant costs or experienced financial hardship, directly/indirectly due to the
COVID-19 pandemic.
- The applicant owes past due rent at their current
residence.

Apply Here: https://otda.ny.gov/programs/
Emergency-Rental-Assistance/
Call 1-844-691-7368 for more information!

Vendors • Workshops • Raffles

The Capital Region Senior Expo has
been known for being the largest gathering of
aging service professionals under one roof in
the Capital District for 30 years! As we
celebrate our 30th Anniversary join us, and our
Presenting Sponsor, CDPHP as we gather all of
our major suppliers and partners to showcase
their products and services while engaging the
older adults in the Capital District.

Friday, October 15, 2021
8:30 am - 1:30 pm
Crossgates Mall (lower level)
Senior Clubs of Colonie Updates

It brings me great pleasure to be able to say that starting in September that all 6 senior clubs will be meeting!! I’m sure that many of you are happy to see your friends and get out of the house! Be on the lookout in future newsletters for any upcoming trips or events that clubs have planned as I will start to provide that information here. For now, I will just list the 6 clubs and their monthly meeting information. Welcome Back everyone! - Carrie

Christ Our Light Seniors  
Business Meeting: First Monday @ 1pm

Colonie Senior Citizens Club  
Business Meeting: First Wednesday @ 10am

Lisha Kill Seniors Citizens Club  
Business Meeting: First Monday @ 1pm

Menands Senior Citizens Club  
Business Meeting: Fourth Thursday @ 10:30am

Towers of Colonie Silver Streakers, Inc.  
Business Meeting: First Monday @ 1pm

Thunder Road Seniors  
Business Meeting: First Tuesday @ 12:30pm

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2021-2022 Home Energy Assistance Program (HEAP)

Income Guidelines

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<th>Gross Monthly Income Limit</th>
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Application Assistance Dates for all HEAP Benefits:

- **November 10, 2021**
- **December 8, 2021**
- **January 12, 2022**
- **February 9, 2022**
- **March 9, 2022**
  - 10am - 12pm

**Town of Colonie Senior Resources Dept.**  
12 Metro Park Rd. Ste. #103  
Colonie, NY 12205

**APPOINTMENTS NECESSARY - PLEASE CALL TO SCHEDULE**  
518-459-5051, ext. 2

**HEAP Benefits Available for Application include:**

- **Regular Arrears Supplement**  
  Is a one-time benefit based on the actual amount of current utility arrears up to a max. of $10,000 per household. Must be in active collections or facing disconnection due to unpaid arrears.

- **Emergency Benefit**  
  May be eligible if you have a disconnect notice from your utility company or have less than 1/4 tank of heating fuel. **Please note this benefit isn’t available until January 3, 2022.**

- **Heating Equipment Repair or Replacement Benefit**  
  If eligible, the benefit can help to repair or replace your furnace, boiler or other direct heating equipment necessary to keep heat source working. **Must be a homeowner to apply**