

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 23, Issue 2

Editor: Mindy Anderson

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Mission Statement

Wyoming County Office for the Aging is dedicated to improving the health and well-being of individuals 60 and older by using a holistic approach to empower all seniors by promoting independence, dignity and respect through education, outreach and advocacy, and to provide quality services for those in need.

Notes from the Director: Andrea Aldinger

I am a proud volunteer at the Charlotte House Comfort Care home in North Java. Six years ago, when the idea of comfort care was brought to me, I thought, "I know about Comfort Care, it's a place people with a terminal diagnosis go to die." Six years, have completely changed what I know about Comfort Care, and along that journey, I also discovered that as a culture, we spend too much time worrying, and not enough time living.

Recently, I have talked with family and friends who without warning were given a diagnosis that would result in their death. We all share one thing in this world and that is we know with certainty, that one day we are going to die. But yet we hide that notion in the back corner of our mind because no one wants to think of it. Those that have been given the gut-wrenching news that they have a condition that will eventually take their life too early, have a unique perspective. And from that perspective is where I have learned so much.

I'm sharing this with you now, because after being a resident care provider at Charlotte House, and taking care of some incredible people and their families, I have taken stock in what almost all of them have said. And the one thing that has truly struck me is that we do ourselves a disservice if we don't live every day as if it could be our last. Charlotte House, and all Comfort Care Homes like Gateway in Attica and Suzanne's in Perry are actually happy, wonderful places to be. I describe it as a place people come to LIVE until they take their last breath.

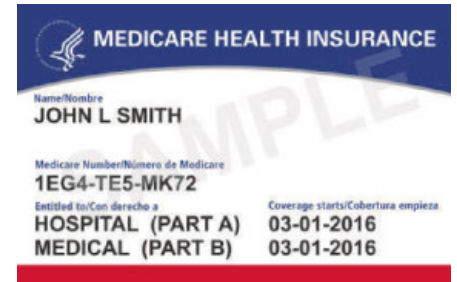
It's in the Living part, that I encourage you to do now, rather than wait until it's too late. Here are some things I learned by being with friends that are living their final days. It has forced me to look at my days on earth differently.

- * Practice Gratitude – to be thankful and show appreciation for kindness.
- * Just Breathe.
- * Appreciate your body every day – someday your body will not be able to do the things it has always done.
- * Give Back to Others – give, give, give. Almost all of my friends at the end of their journey mentioned they wish they would have done this more.
- * Spend some money on experiences not things. Material things are worthless at the end. Give your loved ones a day at the spa, treat yourself or your friends to a meal out, give an experience you know they will remember like a hot air balloon ride, or tickets to a show.
- * Respect Others all the time.
- * Be in the Moment – enjoy the little things.
- * If you don't like it change it. Stop being miserable.

I have become a stronger person because I am learning from my experiences at Charlotte House every day! I still forget sometimes and get caught up in the drama of life, but I try to return to the eight bullet points above. I encourage you to live each day as if it were your last!

Medicare Minutes

2022 Medicare Parts A & B Premiums and Deductibles



On November 12, 2021, the Centers for Medicare & Medicaid Services (CMS) released the 2022 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

Medicare Part A Premiums/Deductibles

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. About 99 percent of Medicare beneficiaries do not have Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A inpatient hospital deductible that beneficiaries will pay when admitted to the hospital will be \$1,556 in 2022, an increase of \$72 from \$1,484 in 2021. The Part A inpatient hospital deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period. In 2022, beneficiaries must pay a coinsurance amount of \$389 per day for the 61st through 90th day of a hospitalization (\$371 in 2021) in a benefit period and \$778 per day for lifetime reserve days (\$742 in 2021). For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$194.50 in 2022. (\$185.50 in 2021)

Medicare Part B Premiums/Deductibles

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare premiums, deductibles, and copayment rates are adjusted according to the Social Security Act. For 2022, the Medicare Part B monthly premiums and the annual deductible are higher than the 2021 amounts. The standard monthly premium for Medicare Part B enrollees will be \$170.10 for 2022, an increase of \$21.60 from \$148.50 in 2021. The annual deductible for all Medicare Part B beneficiaries is \$233 in 2022, an increase of \$30 from the annual deductible of \$203 in 2021.

The increases in the 2022 Medicare Part B premium and deductible are due to:

- Rising prices and utilization across the health care system that drive higher premiums year-over-year alongside anticipated increases in the intensity of care provided.
- Congressional action to significantly lower the increase in the 2021 Medicare Part B premium, which resulted in the \$3.00 per beneficiary per month increase in the Medicare Part B premium (that would have ended in 2021) being continued through 2025.
- Additional contingency reserves due to the uncertainty regarding the potential use of the Alzheimer's drug, Aduhelm™, by people with Medicare. In July 2021, CMS began a National Coverage Determination analysis process to determine whether and how Medicare will cover Aduhelm™ and similar drugs used to treat Alzheimer's disease. As that process is still underway, there is uncertainty regarding the coverage and use of such drugs by Medicare beneficiaries in 2022. While the outcome of the coverage determination is unknown, our projection in no way implies what the coverage determination will be, however, we must plan for the possibility of coverage for this high cost Alzheimer's drug which could, if covered, result in significantly higher expenditures for the Medicare program.

Source: CMS

Need Help Paying for Medicare?

Medicare Savings Programs (MSPs), also known as Medicare Buy-In Programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB) and Qualifying Individual (QI) program. Each program has different eligibility limits.

Note: In New York State, the money you spend each month on health insurance premiums will not be counted towards your monthly income. If you pay for a Medigap or Medicare Advantage plan premium, you can deduct that amount from your monthly income to qualify for the MSP. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (the \$170.10 standard premium you pay monthly or is deducted from your Social Security check) will count toward your total income. This is because once you have the MSP, the Part B premium will be paid by the State, not you.

To apply, contact Darla, Mindy or Tess at the Wyoming County Office for the Aging at (585) 786-8833.

2022 New York Gross Monthly Income Limits

2022 New York Asset Limits

Program	Individuals	Couples	Individuals	Couples
QI	\$1,549	\$2,080	No limit	No limit
SLMB	\$1,379	\$1,851	No limit	No limit
QMB	\$1,153	\$1,546	No limit	No limit
Medicaid	\$934	\$1,367	\$15,900	\$23,400

These income limits are based on 2022 federal poverty limits, and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicare counselor about whether you can subtract certain expenses from your income.

If you decide to apply for a Medicare Savings Program, you will be asked to send an original, signed application and copies of these documents:

- * Social Security card
- * Medicare card
- * Proof of date of birth
- * Proof of address where you live
- * Proof of income



Join the Senior Medicare Patrol!
TO REPORT POSSIBLE FRAUD CALL:
1-877-678-4697



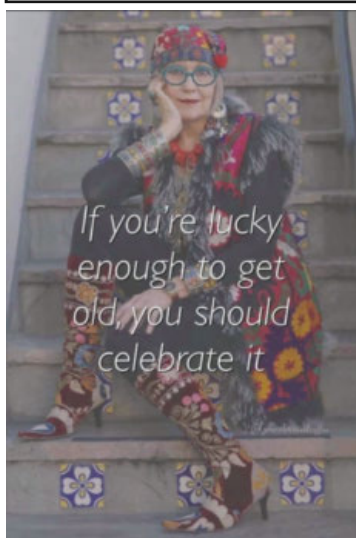
Volunteers to prepare the **Senior Courier** for mailing are needed on the third Monday of the odd months (January, March, May, July, September, November). We begin folding and labeling at **9:00 a.m.** at the Office for the Aging, 8 Perry Avenue, Warsaw (next to the Department of Motor Vehicles). Any and all help is greatly appreciated. It is a good place to meet with old friends and make new friends. It's a very social group.



Independent Living of the Genesee Region serves residents of Genesee, Orleans and Wyoming Counties through the NY Connects program. An Independent Living Specialist (ILS) offers free, unbiased information and assistance for individuals with disabilities of all ages. We are trained with Person Centered Options to help individuals gain knowledge of all

their options at their disposal. This provides linkage to long term services and supports such as home care, transportation, help with computer-based applications, and free government phones. We help people apply for social security benefits and stay with them through the process as well as aid with the applications to important resources such as SNAP, HEAP, HUD, and MyBenefits on NY.GOV. This can be done by phone at (585)815-8501, computer or in person depending on the choice of the individual.

Independent Living Centers assist consumers by identifying appropriate services and community resources needed. We also help transition individuals with disabilities from nursing homes to home and community-based residences and services. Advocacy is a strong component of our organization by providing the tools for independent living such as experiential learning, social skills, adaptive communication and peer counseling. We also offer use of durable medical equipment through our Loan Closet such as walkers, wheelchairs, etc. Rapid Rehousing Rental Assistance, and Home Care Based Peer and Family Support. Our mission is to help individuals meet their needs so they can remain in their homes for as long as possible.



Alzheimer's Association Presents: Tips for Tough Conversations

Warsaw Public Library TUESDAY, APRIL 12, 2022

4:30 PM – 5:30 PM

This program, presented by the Alzheimer's Association provides helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. This program is primarily for those who have a family member or close friend beginning to experience Alzheimer's or another dementia. Registration is recommended, but not required. Register here:

<https://owwl.libcal.com/event/8476722> or call Warsaw Public Library to register at 585-786-5650.

Do you or a loved one need Long Term Care Services?

There is help out there.

NY Connects helps connect you with the type of care needed, either in your home or a residential setting.

We provide information and assistance to help

- * Older adults to live independently for as long as possible
- * Younger adults after an injury or health crisis
- * Children living with a disability or chronic illness
- * Anyone, regardless of age, living with a disability

For free local resources for information and assistance contact:

585-786-6119, email: nyc@wyomingco.net



NY Connects
Your Link to Long Term
Services and Supports

of WYOMING COUNTY

(800) 342-9871 (585)786-6119



REMINDER – Call for Appointments— (585) 786-8833

We know many folks like to just drop by the office when they have a question or a concern. However, we would appreciate it if you would call to set up an appointment. This allows us to better prepare for your visit in getting the necessary paperwork or records pulled together. Further, it allows us to estimate the time necessary for the particular reason for your visit. That way we can give you the fullest attention to the matter and not be rushed by the clock. Therefore, it's always best to call and make an appointment so that we can give you the time and attention to serve you better.



Office of the NEW YORK STATE COMPTROLLER

NYS Comptroller Thomas P. DiNapoli

Unclaimed Funds

\$17 BILLION in Lost Money

Every day New York State returns \$1.5 million to those who file claims here. Is any yours?

Here is the link to see if you have unclaimed funds:

<https://www.osc.state.ny.us/unclaimed-funds>

Support Group for partners/caregivers of those with Alzheimer's disease and other dementia meets monthly in Warsaw. The **Wyoming County Office for the Aging** at 8 Perry Ave. hosts the meeting on the **1st Monday of each month at 10:00 a.m.**

Support groups can provide coping tools and a welcoming embrace from others in the same position, who may feel stressed out and isolated. Facilitators are trained by the Alzheimer's Association Western New York Chapter.

Wyoming County Office for the Aging Senior Courier Mailing Request

We continuously try to reach new seniors age 60 years or over living in Wyoming County. Please help us add to our mailing list by sending names and addresses to this office. Also, if your address has changed or if we do not have your correct apartment numbers, please let us know. You can help us avoid unnecessary postal costs by using this form for all changes. Please fill out the form and mail it to the address below. Please PRINT.

Wyoming County Office for the Aging

8 Perry Avenue
Warsaw, New York 14569

Name: _____
Last Name Husband Wife

Address: _____
Street or Box City State Zip

Old Address: _____
Street or Box City State Zip

New Moved Deceased

The publication of the Senior Courier is funded by: The New York State Office for the Aging, Wyoming County Office for the Aging and your generous contributions.



caregiver

TECH SOLUTIONS

www.caregivertechsolutions.org

Enriching Your Caregiver Journey

Are you a caregiver for someone over the age of 55 in Cattaraugus or Wyoming county?

Since every caregiver has unique challenges, Caregiver Tech Solutions provides caregivers an opportunity to participate in the **E-Respite Coaching Workshop** to explore and customize a technology solution for a personalized caregiver journey.

Caregiver Tech Solutions offers access to free technology resources, as well as some basic technology equipment, which will support a caregiver in the complex responsibilities of caregiving for an older adult or loved one. The program supports caregivers through:



Tech Solutions

A range of technology that supports a caregiver in the complex responsibilities of caregiving for an older adult or loved one.

Coaching Solutions

Free E-Respite Coaching Workshop to explore and customize a technology solution for a personalized caregiver journey.

Community Resources

A website directory of practical solutions for caregivers looking for relief and support.

Call us today to learn more at 716-532-1010!

About the Communities Care Family Caregivers Respite Pilot Program

The Communities Care Family Caregivers Respite Pilot Program is funded by the Ralph C. Wilson, Jr. Foundation (RCWJRF) and the Health Foundation for Western & Central New York (HFWCNY), and managed by The Philanthropic Initiative.

Healthy Community Alliance
1 School Street, Suite 100
Gowanda, NY 14070
716-532-1010
www.communityalliance.org



Nutrition Page

Diabetes and Oral Health

A healthy mouth is important for everyone, but high blood sugar can make it harder to keep your mouth healthy. If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for infections, especially periodontal (gum) disease. Periodontal disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. Some people with serious gum disease lose their teeth. Periodontal disease may also make it hard to control your blood glucose (blood sugar). Other problems diabetes can cause are dry mouth and fungal infection called thrush. Dry mouth happens when you do not have enough saliva – the fluid that keeps your mouth wet. Diabetes may also cause the glucose level in your saliva to increase. Together, these problems may lead to thrush, which causes painful white patches in your mouth. If your diabetes is not under control, you are more likely to develop problems in your mouth. The good news is you can keep your teeth and gums healthy. By controlling your blood glucose, brushing twice a day, flossing regularly, and visiting the dentist for routine checkups, you can help prevent serious problems in your mouth.

[Take steps to keep your mouth healthy. Call the dentist when you notice a problem.](#)

If you have diabetes, follow these steps:

- ✦ Control your blood glucose.
- ✦ Brush twice a day and floss at least once a day.
- ✦ Visit a dentist for routine checkups. Be sure to tell the dentist that you have diabetes and give the dentist a list of any medications you take.
- ✦ If your gums are red, swollen, or bleed easily, see your dentist. These may be signs of gum disease. Other signs include dry mouth, loose teeth, or mouth pain.
- ✦ Tell the dentist if your dentures (false teeth) do not fit right, or if your gums are sore.

Quit smoking. Smoking makes gum disease worse. A physician or dentist can help you quit. Poor dental health can alter the types of foods you can comfortably consume. Elimination or reduction in intake of healthy foods (due to difficulty chewing) can impact your overall health. Take time to check your mouth regularly for any problems. Sometimes people notice that their gums bleed when they brush and floss. Others notice dryness, soreness, white patches, or a bad taste in the mouth. All of these are reasons to visit the dentist.

Remember, good blood glucose control can help prevent mouth problems.

Submitted by Susan Schell, RD/CDCES

Caregiver Corner

The following is an excerpt from the New York State Caregiver Guide which can be found at: https://www.health.ny.gov/facilities/long_term_care/caregiver_guide/guide/

SEEKING SUPPORT

Attend to Your Own Health Needs

Caregiver stress can take an emotional and physical toll. When you fly on a plane, you're told to put your oxygen mask on first before helping others. The same is true in caregiving—your needs should come first. Take a moment to think about taking a break and how to make it happen.

Which of the Following would Help You?

- ◆ See your primary care doctor and stay current with check-ups and yearly exams, and speak openly about your emotional and physical needs.
- ◆ Exercise.
- ◆ Eat a balanced, healthy diet.
- ◆ Get seven to eight hours of sleep.
- ◆ Try taking yoga classes or other courses designed to reduce stress.
- ◆ Take part in religious or spiritual activities.
- ◆ Attend a community event.
- ◆ Enjoy a hobby.
- ◆ Spend time with friends.
- ◆ Allow yourself space and the right to get angry, sad, and cry.
- ◆ Join a support group.

Asking for Help

Be willing to accept offers of help.

When others are willing to help, try to be open to accepting it. Caregiving can be a full-time responsibility, often leading to stress and health concerns for the caregiver. Don't be shy about letting others pitch in.

Speak up and spread the responsibility.

Sometimes friends and family may not know what you need. Be clear about ways they might be able to help. Try to get as many family members involved as possible, even ones who live far away. For example, you might divide caregiving tasks so that one person takes care of medical responsibilities, another helps with money and bills, and another helps with groceries and errands. The more specific your request, the more likely you are to get what you need.

Differing opinions about care.

Though others offer help, you may not agree with how they provide care. It is okay to allow for different styles, as long as no one's well-being is at risk. In other situations, you may find that the person offering help may do better with more training or education related to caregiving. You might gently offer information.

If you have concerns that the person providing care or the person in need of care is being mistreated or neglected, contact your local Adult Protective Services (APS). APS workers develop service plans for eligible clients to address abuse, neglect, financial exploitation, or unmet essential needs of adults.

Researchers Seek Insights about Long-Term Care Insurance

Researchers from the National Association of Insurance Commissioners’ Center for Insurance Policy and Research and the University of Georgia are recruiting adults who have long-term care insurance (LTCI) policies, especially people who have received notices about rate increases, for online focus groups.

What we learn will help insurance regulators understand what long-term care insurance policyholders think about their policies. It will also help insurance regulators and insurance companies to better communicate with policyholders. This is important research, because how we manage long-term care for our aging population will affect our nation’s current and future economic and social well-being.

Volunteers will participate in one-hour online focus groups. The focus groups will involve answering questions about long-term care insurance policies and rate increases. We are not selling anything and will not share your name or contact information with anyone.

Participants will receive a \$50 gift card. To sign up, email Lisa Groshong at LGroshong@naic.org or leave your name & number at 816-783-8822.

Memorial Gifts to the Office for the Aging

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Ann Page
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Attica Village & Town Senior Citizens Club



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Saturday April 9th, 2022

More Tickets = Better Chances

Hot Dogs & Beverage will be available!
1 - 4 PM

www.grange.org/curriersny1273

Door Prize

New SNAP Benefit

SNAP now covers the cost of Ensure products. You are able to pick these products up at your local grocery store or you can even buy the Ensure through Amazon using your SNAP benefit card.

The Wyoming County Office for the Aging denies no person access to service or employment based upon age, race, national origin, sexual orientation and/or handicapped condition. Funding for the programs of the Wyoming County Office for the Aging is provided by the County of Wyoming, the State Office for the Aging, the United States Administration on Aging, and local contributions. The Wyoming County Office for the Aging does not endorse any agency or assess its ability or quality of services provided.

Your questions and comments are welcome. Please direct them to Mindy Anderson, Editor, at 8 Perry Avenue, Warsaw, New York 14569. Visit our web site at www.wyomingco.net, call us at (585) 786-8833 or e-mail us at officeaging@wyomingco.net.

How to Make a Healthy Version of a Shamrock Shake

By **ANNE-MARIE BOTEK** agingcare.com

In March 1970, McDonald's introduced its homage to St. Patrick's Day: a pale green sweet treat called the Shamrock Shake. Since its creation, the Shamrock Shake has morphed into a seasonal icon, spawning countless copy cats and generating an avid following. The problem is that, like most items on fast food menus, it isn't especially healthy.

According to nutrition information found on the McDonald's website, a small Shamrock Shake contains 460 calories, 13 grams of fat (8 of them saturated fat), 63 grams of sugar and 150 milligrams of sodium. But, that doesn't mean that the nutritionally-conscious or those on restricted diets must forgo one of springtime's most anticipated culinary creations. Caregivers and seniors alike can enjoy a healthier, homemade version of this iconic drink.

The Secret to a Senior-Friendly Shamrock Shake

Making sure your loved one eats a well-rounded diet can be tricky. While many nutritionists warn that highly-processed meal replacement shakes are not an ideal source of nutrition for aging adults, homemade smoothies and shakes can be a wonderful snack for a person who has trouble swallowing or specific dietary needs. The key is to make sure that you only use elder-friendly ingredients. "Making your own shakes can also save a lot of money," says Ruth Frechman, RDN, spokesperson for the Academy of Nutrition and Dietetics.

Here is a recipe for Frechman's healthy take on McDonald's minty creation:

- 6 ounces plain, low-fat yogurt
- 3/4 cup milk
- 1/4 tsp. peppermint extract
- All-natural sweetener to taste
- 2-3 drops green food coloring (if desired)
- 5-7 ice cubes

Directions: Toss all the above ingredients into a blender and blend until the mixture has achieved the desired thickness. Pour into a glass and enjoy.

Healthful Modifications

Of course, there's no guarantee that a homemade shake will taste the same as the fast-food version, but it's certainly a healthier option.

Replacing the reduced fat vanilla ice cream used by McDonald's with a yogurt and milk combination cuts down on the fat, increases the amount of bone-strengthening calcium and adds digestion-regulating probiotics. Opting for one percent milk can save even more calories, Frechman advises.

Using a small amount of natural sweetener, such as raw honey, agave nectar or Stevia significantly reduces the amount of sugar and calories in the treat. It also makes this shake more diabetes-friendly because these sweeteners have low glycemic indexes, meaning they won't cause dangerous blood sugar spikes.

Of course, this recipe (while healthy and yummy) is still somewhat plain. There are ways to customize this basic formula to better fit your loved one's specific nutritional needs. Here are a few examples of nutritious add-ins you can use to jazz up this shake and add extra health benefits:

- **Promote bone health.** Eating a diet that is adequate in calcium is essential for maintaining strong bones and preventing osteoporosis. Adults 50 years and older should consume anywhere between 1,000 and 1,200 milligrams of calcium every day, according to the National Institutes of Health (NIH). Depending on

(Continued on page 11)

(Continued from page 10)

which brands you buy, the six-ounce serving of yogurt and 3/4 cup of milk in the recipe above can pack anywhere from 40 to 70 percent of this amount. To be fair, a large Shamrock Shake provides 60 percent of the daily recommended amount of calcium, but it comes with 800 calories and 113 grams of sugar. Adding a cup of spinach to the shake contributes additional calcium and vitamin K, another nutrient that helps prevent bone loss. “Spinach can be used to give the shake a naturally gorgeous green color, instead of adding artificial coloring,” says Frechman. It may sound unappetizing, but spinach has little effect on the taste of most smoothies and milkshakes.

- **Healthy weight gain.** It’s not uncommon for elders to struggle to maintain a healthy weight as they age, and there are many reasons why they may not be eating properly. Seniors often lose their appetites due to side effects of medications, chewing problems, reduced senses of taste and smell, and digestive issues. Unfortunately, being underweight can cause a host of health problems. Introducing sources of healthy fats is a great way to increase a senior’s caloric intake and stabilize their weight. To easily add “good” fats to the above recipe, you can use full-fat yogurt, throw in half of an avocado for a creamy source of heart-healthy omega-3 fatty acids, or grind up a handful of almonds or other nuts in the food processor and then mix them into the finished shake.



If you have any questions or concerns regarding the information provided in the Senior Courier or if we can be of assistance to you in any way, please contact the Wyoming County Office for the Aging at (585) 786-8833 or if long distance 1-800-836-0067.

- | | |
|---|--|
| Andrea Aldinger—Director | Tess Phillips—Deputy Director |
| Mindy Anderson—Aging Services Specialist | Paula Beckstrand—Fiscal Officer |
| Leigh Case—Aging Services Aide | Darla Dabolt—Aging Services Specialist |
| Dannyel Emmick—Case Manager | Kelli Goulet—Case Manager |
| Meredith Lindsey—Transportation Coordinator | Jamie McGrath—Alz. Caregiver Coordinator |
| Marianne Sicheri—Aging Services Aide | Susan Schell—Dietitian |

HOME IMPROVEMENT SCAMS Tips To Protect Yourself

- Be suspicious about any unsolicited offer to work on your home. Remember, there is no problem so serious it can’t wait a day or two for you to do some research.
- Check out the contractor with the local Better Business Bureau.
- Get references, particularly from jobs done a while ago.
- Use local companies whose address you can verify.
- Get more than one written estimate that includes details about the materials.
- Check with your town or city to see if permits are required. Don’t let a contractor work without the necessary permits.
- Don’t assume the lowest estimate is the best deal. Check the quality of the materials.
- Be clear that you won’t pay for any work not included in the estimate, unless it’s agreed upon in writing.
- Always be sure the contractor has valid insurance.
- Always report a scam to local law enforcement and the Attorney General’s Office.



The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The Affordable Connectivity Program provides:

- Up to \$30/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who is Eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* of the criteria below:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#);
- Participates in one of several Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal Head Start, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Participates in the National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

Check out www.fcc.gov/ACP for a **Consumer FAQ** and other program resources.

Two-Steps to Enroll

1. Go to ACPBenefit.org to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both apply for the program and contact a participating provider to select a service plan.**

Call 877-384-2575

or find more information about the Affordable Connectivity Program at fcc.gov/ACP



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Listen
&
Support**

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NY Project Hope
Coping with COVID



A program of the NYS Office of Mental Health
Funded by FEMA

Weeks

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(585) 493-3162



For Seniors 62+ and Disabled - Pay only 30% of adjusted income as rent
GVRPC Inc (585) 658-4870 / TTY 800-662-1220

Would you like to know what your home is worth? Call Deborah, you're local Realtor for a free home analysis.

Let Deborah Help You Sell Your Home And Make Your Dream A Reality



Deborah Gillen
Licensed Real Estate Salesperson
570 E Main St, Batavia, NY 14020
Cell: 585-749-8951
deborahgillen@howardhanna.com



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The beginning of my adventure at Gateway Home started long before my first step into the home. It began with a co-worker inviting me to his church at a time in my life when I had given up all hope. Little did I know this was the beginning of my new life and relationship with God. The more my faith grew, the more my fears disappeared. Not only did I make a connection with my friend's mom at Gateway Home, but with every resident, family member and other volunteers I have encountered since. Gateway Home saved me just like the co-worker did by inviting me to his church. I am so blessed God had this planned for me. Recently, my son Spencer joined the Gateway family. He loves helping as much as I do. God can change any life for the good! As it says in Psalm 118:6... The Lord is on my side; I will not fear. What man can do unto me?

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