

## *Communities of* **Strength**

### REMINDERS

Join us for the  
**SMP Volunteer Meeting**  
on **MAY 21, 11:00 AM**

- To join by computer  
Click [HERE](#).
- To join by phone dial  
646-558-8656, Meeting  
ID: 533 682 2516#
- If you would like to  
view our recent flyers,  
click [HERE](#).

### Happy Older Americans Month!

This year's theme could not be more fitting, "Communities of Strength". Focusing on the power of connection and engagement in building strong communities. As SMP volunteers, staying connected with your communities, keeping Medicare Beneficiaries informed of the latest scams and how to protect themselves has been your most difficult task during the pandemic, and you all have succeeded.



In Celebration of Older Americans Month, we will have 2 guest speakers for our SMP Volunteer May meeting. Wayne Abramovich (Project Office with the Administration of Community Living) will say a few words about your service and commitment to the SMP Program.

Our second speaker is Caren Kolarski. Caren is going to treat us to a session of Laughter Yoga! Caren is "a Certified Laughter Yoga Teacher, whose passion is to help others feel safe to relax, move through the season of stress and change to recover joy and balance in their lives."

In appreciation for all you do, join us on Friday, May 21 at 11 AM and sit back, relax and LAUGH!

Beth Nelson, Director

NYS SMP

### UPCOMING TEACH IN:

#### **MAY 27, 10 AM:**

Learn About the Medical  
Malpractice Litigation  
Process in NYS

**Register for the ZOOM  
Webinar event virtually,**  
[HERE](#)

[VIEW FLYER](#) for more  
information.



# Medicare Fraud Helpline 800-333-4374

## Celebrate Older Americans Month with 3 of our volunteers—Michele Rogers, Ken Luft and Helen Sanders.

*Read about the important role they play in fostering the connection and engagement that build strong resilient communities.*



### MICHELE ROGERS

Almost 13 years ago I joined a volunteer group founded by Lois Steinberg and sponsored by the Westchester Library system. We were trained to

counsel Medicare recipients on all aspects of Medicare, from problem solving difficult coverage questions to helping a client select a Healthcare or Drug plan. Some years later, it was required that we be certified as New York State HIICAP counselors. In 2020 I joined the Senior Medicare Patrol and Statewide Senior Action Council.

Training continues from all groups via monthly ZOOM meetings with outside speakers, updates on changes within Medicare, & other important information including vaccine availability, Veteran's updates and fraud alert issues.

I am proud to be a member of these 3 great organizations and look forward to getting back to in person counseling very soon. Through the collaboration of knowledge, experience and service we are strengthening our communities and helping Older Americans navigate in these complex times.



### KEN LUFT

I retired 7 years ago. Working many hours to having nothing to do is a common story. Until

COVID I did various things as a volunteer: New York Aquarium, hospital, SAT tutoring, lunches for holocaust survivors, help immigrants pass citizenship tests, assistant coach for a football team, did talks on Medicare fraud and many other projects.

I have met many people who have been busy since they retired helping others and still learning as we age, some in their nineties. Retirement should be a time to do more of what you want to do, but stay as active as possible.

.....



### HELEN SANDERS

I treat every month like it is a Older Americans Month and during the past year it has been especially difficult for seniors in Buffalo. Much of my time has

focused on helping community members, friends & family including:

- Calling to make appointments for COVID-19 vaccines.
- Assisting with their doctor appointments.
- Providing support for those that did not have sufficient food and water.

And we will continue to work hard every day to make sure we are giving the support that is needed to keep seniors safe and independent in their surroundings.

# STATE WIDE

**New York StateWide Senior Action Council, Inc.**  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax (518) 436-7642  
[www.nysenior.org](http://www.nysenior.org)

This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.