

"EXPERIENCE"

June 26, 2022

Schoharie County Office for the Aging 518-295-2001

*"Poetry is when an emotion has found its thought, and
the thought has found words." – Robert Frost*

Life Chat: What is NY Connects? Come join us on June 29, 2022, 2PM to 3PM and gather information about how NY Connects long term services and supports can help assist in creating a plan for the future, there will be question and answer time following presentation. If interested Contact Deb Dyer 518-295-2001.

Farmers Market Coupon Information: Start of distribution will be around July 1, 2022, and the end of distribution will be September 30, 2022. Coupons may be used by recipients through November 30, 2022. This year coupons will be \$5.00 each (instead of 4.00) for a total benefit of \$25.00 per booklet. Not all markets remain open through November 30th. Please contact your local farmers' market prior to your visit. We will keep you updated on the dates and times that are scheduled for distribution.

OFA Medical Equipment loan closet is stocked full of (Walkers, canes, commodes, wheelchairs, etc.) on loan at NO charge to all ages. Give us a call with your needs maybe we can help.
518-295-2001.

What is Sepsis? Sepsis is the body's overwhelming response to infection or injury. It can lead to tissue damage, organ failure, amputations, and death. The infection can be viral, bacterial, or fungal, or caused by a parasite. It can be an infection started in a paper cut or bug bite, or larger infection, like pneumonia or meningitis. Sometimes, doctors never learn what the infection was. Sepsis is more likely to affect very young children, older adults, people with chronic illnesses, and those with weakened immune systems.

What are the symptoms?

T Temperature: Higher or lower than normal

I Infection: May have signs and symptoms of an infection

M Mental Decline: Confused, sleepy, difficult to rouse

E Extremely ILL: Severe pain, discomfort, shortness of breath

Critical facts about Sepsis: Sepsis is the leading cause of death in hospitals. 19% of people hospitalized with sepsis are re-admitted within 30 days. As many as 87% of sepsis cases start in the community. The risk of dying from Sepsis increases by as much as 8% for every hour treatment is delayed. If you see a combination of these symptoms, especially if there is a recent history of a cut, surgery, invasive procedure, or infection, call 911 or go to a hospital with an advocate and say, "I am concerned About sepsis." You can't always prevent sepsis, but the risk drops when you take steps to prevent or treat infections as quickly as possible. You can do this by staying current with your vaccinations, practicing good hygiene, and seeking medical help when you suspect you have an infection.

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS). Extra

Help eligibility: If your monthly income is below \$1,719 in 2022 (\$2,309 for couples) and your assets are below \$15,510 (\$30,950 for couples), you may be eligible for Extra Help. The Extra Help program (also called the Part D Low-Income Subsidy) offers the following benefits: Pays for your Part D premium up to a state-specific benchmark amount, Lowers the cost of your prescription drugs, Gives you a Special Enrollment Period (SEP) once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch between plans, Eliminates any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment. If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements.