

Neighborhood Health Advocate

West Hill

News of the Neighborhood Health Advocate Program

Volume 4, Issue 2

A Joint Program of Albany Guardian Society and The Community Foundation for the Capital Region

May 2006

Supporting Organizations

Koinonia Health Care

The Elder Network of the
Capital Region

University at Albany

The Sage Graduate School

NYS Office for the Aging

In Cooperation with

The West Hill Ministers
Fellowship

Need Help with Medicare Part D?

Call the Health Insurance Information, Counseling and Assistance Program (HIICAP) Hotline at:

1-800-701-0501

or

Albany County Dept.
for the Aging at:

447-7195

You can also visit the
HIICAP website at:
www.hiicap.state.ny.us

In this Issue...

In this newsletter, you'll find:

Information on NHAP's
new program

Reminder about Medicare
Part D enrollment deadline

Advice on staying well

News of upcoming events

Neighbors Helping Neighbors: NHAP's Exciting New Program

Mr. Jones helps his 80-year-old neighbor, Mrs. Smith, with her grocery shopping. He worries about Mrs. Smith because she lives alone and she feels lonely. He wishes she had somewhere to go during the day.

Mrs. Sharp is recovering from a bad fall. She needs help with housework, and she could also use some company. Her children are doing all they can but they feel they're not doing enough.

Have you ever been in a similar situation?

Neighbors Helping Neighbors is NHAP's exciting new program designed to give ideas for helping people like Mrs. Smith and Mrs. Sharp. Here is an example:

Mr. Jones goes to an event at his church. After getting refreshments and talking to friends, a woman speaks to the group about a nearby Adult Day Program for elderly people. Mr. Jones learns that Mrs. Smith could go there during the day for a hot meal and activities. He talks with the woman afterwards about how to get Mrs.

Smith signed up.

This FREE program, **Neighbors Helping Neighbors**, can come to your church! Your congregation picks one or two topics for discussion and a convenient date. Refreshments are served, speakers give ideas and information, and NHAP's lay advocates are there to share information on nearby health and social services.

If you want to learn more about bringing this program to your church, please call the NHAP office at 465-2703.

Medicare Part D Deadline Approaching Fast

The Medicare Prescription Drug plan enrollment deadline is May 15, 2006. If you do not enroll in a Medicare prescription drug plan before May 15, you may face a penalty if you enroll in a plan in the future.

The Health Insurance Information, Counseling and Assistance Program (HIICAP) will answer your questions about Medicare, EPIC, and other health insurances. HIICAP's trained volunteers can help you: select the best Medicare Part D plan; understand Medicare rules; report possible fraud; discover ways to fill Medicare's gaps; learn about prevention and screening coverage; pick the right Long Term Care insurance policy; and, explore NYS Partnership for Long Term Care options.

For free and unbiased service, call HIICAP at 1-800-701-0501.

**NEWS OF THE NEIGHBORHOOD HEALTH
ADVOCATE PROGRAM**

*A Joint Program of Albany Guardian Society and
The Community Foundation for the Capital Region*

c/o Koinonia Health Care
553 Clinton Avenue
Albany, NY 12206

Phone: 518-465-2703 Fax: 518-465-6220
Email: advocateforseniors@yahoo.com

**Carnival on the Hill 2006
Saturday, August 19
Judson and Second Streets
12 noon to 5 p.m.**

Join us for this annual celebration of
our West Hill neighborhood.

Activities for all ages, music, food,
refreshments, information.

To participate, call 465-2703 or email
carnivalonthehill@yahoo.com

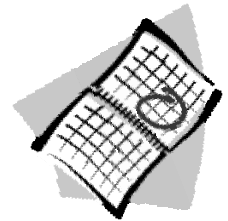
We hope to hear from you!!!

Save the Dates for Important Free Health Events

Mark your calendar for these important events:
The American Cancer Society, along with our
Women of Color Cancer Support Group, has a
**Women of Color Cancer Education Confer-
ence** scheduled for **Saturday, May 20, 2006**, at
the VA Stratton Medical Center.

Albany Health Law Project of Albany Law
School has scheduled a **Health Advocacy Con-
ference for People Touched by Chronic Dis-
eases** including HIV and cancer. This event will
take place on **Wednesday, June 21, 2006**, at Al-
bany Law School. The conference will have work-
shops about health advocacy,
debt, legal checklist, Medicaid,
and childcare issues.

Please call the NHAP Office
at **465-2703** for additional infor-
mation about these events.



Spring to Action Now for Good Health

Spring is finally here!

Spring is a season to act on
those New Year's resolutions.
It is a season of new opportu-
nities and a time for taking
action. Spring is a great time
to schedule an appointment
with your doctor for an an-
nual physical exam. This ap-
pointment helps to build a
trusting relationship with
your medical provider, and
provides an opportunity to
discuss your health, and to
get your questions answered.
Take action about your
health this spring!

Here are some tips about
getting the most out of your
doctor's appointment:

Write down three questions
about your health;

Ask your doctor these ques-
tions;

Repeat back the answers to
avoid miscommunication;
Speak up if you expect any
problems with following
his/her treatment orders
(transportation issues,
problems getting off work,
etc.).

Another very important
part of the annual exam is to
get medical screening tests.
For example, a male over age
50 should have the following
every year: blood pressure
check; cholesterol check; clini-
cal testicular exam; blood glu-
cose test; and, colon screening
exam. He should also get
regular dental check ups and
eye exams. Ask your doctor

about the tests you should
take to stay healthy!

We hope that you have a
healthy spring season and
year ahead!

*Source: www.webmd.com; Arthri-
tis Self-Help Course materials.*

Have you had your Annual Mammogram?

The Albany County
Healthy Women Partnership
is offering low or no cost
Breast and Cervical Exams
to women who are:

- * **18 years of age and older**
- * **Uninsured or underin-
sured**

For more information, call:
American Cancer Society
518-454-4075