WHO TO CONTACT: SOCIAL SECURITY OR MEDICARE?

Sometimes it’s confusing to know who to contact and for what. Social Security and Medicare offer related services, so people aren’t always certain who does what. This “cheat sheet” can help.

Contact Social Security for:

- See if you’re eligible for Medicare;
- Create a my Social Security account to do things like request a replacement Medicare card and report a change of address, name, or phone number
- Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance)
- Apply for Extra Help with Medicare prescription drug coverage (Part D) costs
- Report a death
- Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay higher Part B and/or Part D premium if income is over a certain amount)
Bethany Village offers a Caregivers Support Group session monthly for the Alzheimer’s Association. The group meets every third Thursday from 12:15-1:15 in the Courtyards Day Club Room. There is no charge for the meeting and we supply lunch. If you would like more information, please call the Home Care office at 607-378-6613.

WHO TO CONTACT: SOCIAL SECURITY OR MEDICARE?

Contact Medicare for:

- See what services Medicare covers
- Get detailed information about Medicare health and prescription drug plans in your area, including costs and services
- Choose and enroll in a Medicare health or prescription drug plan that meets your needs
- Find a Medicare Supplement Insurance (Medigap) policy in your area
- Find doctors, health care providers, and suppliers who participate in Medicare
- Get information and forms for filing a Medicare appeal or for letting someone speak with Medicare on your behalf
- Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities
- View Medicare publications.

Visit www.medicare.gov for these services.

February Birthdays
Steven Roy — 7
Catherine Kolanach — 14
Mary Sincock — 25
Kathie Long — 27
Marilyn Stansfield — 28

Employee of the Month!
Congratulations!

Lindsay Fiori!

Wed Feb 12th!
Bus Trip!
February 2020

The Courtyards at Bethany

Courtyards February Activities

2/2 — Superbowl Party! 6:30pm
2/2 & 2/16 — Ed Clute concert 2pm
2/11 — Piano player 10:30am
2/19 — Rosary 10:30am
2/6 & 2/20 — Hands & nails 10:30am
2/4 & 2/18 — Live Music 10:30am
2/7 & 2/21 — Paint Class 10:30am
2/14 — Coffee Break 10:30am
2/12 — Tioga Downs 10:30am
Every Monday — History 2pm
Every Friday — Happy hour! 3pm
Monday, Thursday & Saturdays — Bingo!
Every Wednesday — Shopping!
Every Day — Strollers & sittercize!

Rosary with St. Mary’s children

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**ACTIVITY HAPPENINGS**

2/1 Music: Mark Spicer
2/3 Music: High Country
2/4 Shopping at Dollar Saver
2/6 Resident Council
2/10 Music: Wayne Beddoe
2/13 Men's Club Movie Matinee
2/14 Valentine's Day Social
2/15 Snowball Fight
2/17 Music: Michael Burrell
2/19 Ladies Club Luncheon
2/20 Pet-A-Pet
2/24 Music: Larry Stamato
2/26 Catholic Ash Service
2/27 Pet Visits
2/27 Resident Birthday Party
2/28 Lunch at Mooney's
2/29 Auction

**Join us in the Activity Room for:**
- Church every Sunday
- Catholic services the 2nd & 4th Wed.
- Breakfast Club every other Tuesday
- Bingo 3 times a week
- Bible Study every Thursday
- Baking/Cooking every week
- Along with in room activities offered daily

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**KINDNESS...**

is one of the greatest gifts you can bestow upon another. If someone is in need, lend them a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without the expectation of something in return.

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**BIRTHDAY PARTY FUN!**

**“Betty” S. 2/10**
Marian H. 2/14
Mary P. 2/14
Shirley K. 2/15
Priscilla O. 2/20
Clifford L. 2/27

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**save the date**

**Dale**

Shopper Service
March 26th

Watch your mailbox for more information
MORTAL TALKS
What Mortality Teaches Us About Living
• Spotlight Theater, HORNELL, Saturday, Jan 18, 10-Noon
• Palace Theater, CORNING, Saturday, Feb 8, 10-Noon
• Watkins Glens School Apts, WATKINS GLEN, Wednesday, Feb 26, 4-6 PM
• Elmira Heights Theater, ELMIRA HEIGHTS, Wednesday, March 4, 6-8 PM

Feature Movie "Being Mortal" by Atul Gawande
Panel Discussion
Admission is FREE! Donations Appreciated

$20 Contributions will receive the book "Dying Well" by Ira Byock, MD
Complimentary FIVE WISHES living will workbook for all attendees

Register on the Facebook event MORTAL TALKS or 607-762-3100

Chemung County Department of Aging and Long Term Care
Legal Aspects of Caregiving with Attorney John Maloney

Monday, March 30, 2020, 5:00-7:30pm
Horseheads American Legion
Free ~ Light Dinner ~ Presentation

Legal and financial tools you and your caregiver needs to ensure that your future long term financial and healthcare wishes are met.

Aging professionals certified healthy insurance counselors will be available to screen participants for program and benefits and to assist with low income program enrollments.

RSVP by March 20th ~ 607-737-5520

VISITATION GUIDE

REMEMBER THEIR GREATNESS
• You’re an amazing cook
• You always loved bowling and won all of the time!
• No one could beat you at chess

SPARK MEMORIES
• Feel favorite fabrics: silk, flannel, use patterns
• Smell familiar scents: cinnamon, lavender, dryer sheets, DREFT
• Listen to sounds: Train whistle, old radio shows, ocean

VISION IS STIMULATING
• Bring in photos of loved ones—the older the better
• Look at magazines with colorful pictures
• Bring in old post cards or coffee table books

SPIRITUALITY INSPIRES
• Read from a religious book
• Play or sing spiritual songs

PLEASE REMEMBER...
Residents might not be able to go outside... or they might have a specific diet and not able to eat sweets, etc.

Don’t say goodbye... Instead:
Can I visit you again?
I enjoyed talking with you ❤️
I haven’t laughed so hard in a long time!
You always make me smile 😊

AVOID THE HERE AND NOW
TIMING IS EVERYTHING!

KEEP IT SIMPLE
REPEAT, REPEAT, REPEAT
DON’T SAY GOODBYE
LIVE THEIR TRUTH
VALIDATE, REDIRECT, DISTRACT
SIMPLE PLEASURES
DON’T ARGUE

IT IS NOT A LIE TO LIVE THEIR TRUTH
Pastoral Care
Catholic Rosary every Wed. 10:30 at Courtyards in Auditorium
Church Services: Sundays
Courtyards @10:30
Manor @ 2:00
Bible Study: Tues & Thurs.
Tues: @ 10:00 Courtyards
Thurs: @2:00 Manor
Sensory church (every other week)
For more info contact:
Rev. Mary Ann Bernard
(607) 378-6701 or bernardm@bethany-village.org

Need Help with your taxes?
AARP Tax-Aide Free Income Tax Help contact 2-1-1 Helpline at www.211helpline.org or dial “211” or 800-346-2211 on your phone after January 1 to find out how to schedule an appointment. Service provides free assistance preparing returns and answers to tax-related questions for low and middle income individuals, with special attention to those over 60, during the tax season (Feb–April).

Contact us!

The Courtyards:
Sharon Coletta
Dir. Marketing & Sales
(607) 378-6664
Sharon.casler@bethany-village.org

The Manor:
Carrie Ray
Admissions Case Manager
(607) 378-6549
hillc@bethany-village.org

Bethany Village
Main Number:
(607) 739-8711

Check out our new website!
on your computer, or on your smartphone!
bethany-village.org

Our Mission:
Bethany Village is your home. Our care is personalized, exceptional, and compassionate