



Promoting and addressing life issues affecting the general welfare of older gay, lesbian, bisexual, transgender, and intersex (GLBTI) individuals



The Rainbow Seniors Newsletter

August 2005

Yoga resumes August 2

The RSWNY yoga classes have been well attended and addicting! Yoga is a great way to enhance your balance, flexibility, and sense of well being at any age. Join us on Tuesdays from 6-7 p.m., Metropolitan Community Church, 175 Norris Dr. We have to pay for use of that space, so we ask \$3 for members and \$5 for non members, but no one ever would be turned away for lack of money.

Sunday, August 21 picnic and Brown Bag Auction

- Hard to believe, but August 21 is our THIRD annual picnic at Ellison Park! This year we'll be at the Sagamore Shelter, closer to restrooms. Just follow the Rainbow Seniors signs we'll post on Blossom Rd. Non-RS members, family, and friends are invited to join us.
- Please bring a dish to pass. Rainbow Seniors will provide hot dogs, burgers, rolls, condiments, pop, and water.
- Don't forget to bring something for the Brown Bag Auction—some treasure you no longer need but is in good working order and you just know someone else will love it! Items specific to men or women should be clearly labeled.

SAGE Upstate's Sunday, August 14 picnic

We've been invited to join the folks at SAGE Syracuse for their annual picnic at Upper Onondaga Park the Sunday before ours. If you're interested, contact Sherlea at 585.475.7567 to arrange rides.

And the winner is...

Congratulations to Jim Melito, the winner of our 50/50 raffle. We sold tickets at this year's Pride Picnic, and the drawing was held at our July potluck.

Photos from the Pride Parade

Gayrochester.com has a ton of photos (300+) from the Pride Parade. Rainbow Seniors' photos can be found in Set 9.

We're having a dance! Hold the date!

Rainbow Seniors will be hosting a silent auction and dance for ourselves and larger the GLBTIQ community on Saturday, November 12, at the Roger Robach Community Center at Ontario Beach Park. Our biggest fundraiser yet, don't miss it!

Important: Attorney General's advisory on telephone scams targeting Medicare beneficiaries

ATTENTION MEDICARE BENEFICIARIES: DO NOT GIVE OUT YOUR FINANCIAL OR MEDICAL INFORMATION OVER THE PHONE

July 22, 2005

Since the passage of the Medicare Modernization Act in 2003, seniors have reported that they have received telephone calls from people claiming to be representatives from a Medicare Drug Discount Card sponsor, or from a government agency, and then asking the seniors to give them information about their bank accounts or medical records.

If you get a call from someone asking for your financial or medical information over the phone, just hang up. The Federal Government has not directed ANYONE to get consumers' financial or medical information over the phone in connection with either the Medicare Drug Discount Card program, or the Medicare Part D drug benefit that will be available in January, 2006. No company is allowed to sign you up for the Medicare Part D drug benefit at this point in time. In fact, the various companies who will offer Medicare Part D prescription drug benefit plans have not even been announced yet. Enrollment in the Medicare Part D prescription drug benefit will start in October, 2005.

Through the end of August, 2005 the Social Security Administration will be mailing application forms to Medicare beneficiaries it believes may qualify for low-income assistance under the new Medicare Part D coverage plan. A large number of Medicare beneficiaries will receive these applications, which do ask for certain financial information but do NOT ask you to provide your bank account numbers.

For information about the Medicare Part D drug benefit or the Medicare Prescription Discount Card program, you can contact the Centers for Medicare & Medicaid Services (CMS) at 1-800-633-4227. If you receive suspicious calls or suspicious materials in the mail about these programs, please call Attorney General Reilly's Elder Hotline at 1-888-243-5337.

Free hearing aids

AUDIENT helps people receive the high quality, low-cost hearing care they need. If you or someone you know needs hearing aids but cannot afford them, call AUDIENT, 1-877-283-4368 or e-mail info@audientalliance.org. One phone call can change your life or that of someone you know. A Candidate Verification form will be sent. Persons can qualify by the following income levels:

- 1 \$23,500
- 2 \$31,225
- 3 \$39,175

For each additional person add: \$7,950

AUDIENT, the Alliance for Accessible Hearing Care, is a division of the Northwest Lions Foundation for Sight & Hearing, 901 Boren Avenue, Suite 810, Seattle, WA 98104-3534

Potlucks and other dates of interest

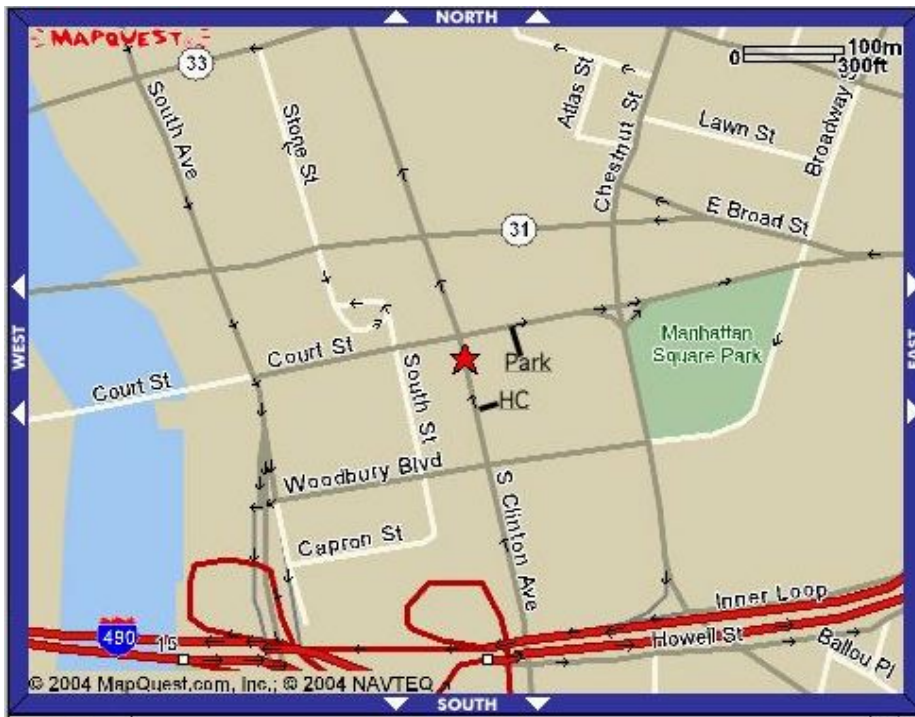
- Thursdays 6-8 p.m. through August, weather permitting, RSWNY Swim; heated pool and accessible via steps (not a ladder). Contact Nan and Sherlea, 585.544.2633 to RSVP and get directions. **Pls note time change.**
- **Tuesdays August 2, 9, 16:** Yoga, MCC, 175 Norris Drive off Culver Road (by Cobbs Hill Park); members for \$3/class and nonmembers \$5 to help cover cost of space rental.
- **Sunday, August 17,** SAGE Upstate picnic, Upper Onondaga Park.
- **Sunday, August 21, noon.** RSWNY Annual Picnic and Brown Bag Auction, Sycamore Shelter, Ellison Park.
- **Sunday, September 18, 2005, 4 p.m.,** Back to School. Bring box lunch foods. Announcing donations for holiday baskets. 1st Universalist Church, 150 S. Clinton Ave.
- **Sunday, October 16, 2005, 4 p.m.** Halloween, dress in costume! We'll have 1st, 2nd and 3rd place contest. Collection of donations for holiday baskets. Bring a dish to pass for potluck. 1st Universalist Church, 150 S. Clinton Ave.
- **Saturday, November 12, 2005.** Rainbow Seniors silent auction and dance, Roger Robach Community Center, Ontario Beach Park.
- **Sunday, November 20, 2005, 4 p.m.** Thanksgiving dinner. Continue collecting donations for holiday baskets. 1st Universalist Church, 150 S. Clinton Ave.
- **Sunday, December 18, 2005, 4 p.m.** Holiday dinner. Gift exchange (voluntary). Announcing February Baby Picture contest! 1st Universalist Church, 150 S. Clinton Ave.
- **Sunday, January 15, 2006, 4 p.m.** Take the chill off winter with soup and breads. Brown Bag Auction. 1st Universalist Church, 150 S. Clinton Ave.
- **Sunday, February 19, 2006, 4 p.m.** Valentine's celebration: bring red foods. Baby Picture Contest. 1st Universalist Church, 150 S. Clinton Ave.

For transportation, call DeeDee at 585.872.2631.

Rainbow Seniors at the 2005 Pride Parade. Awesome banner made by Betty and Pat!



Map To 1st Universalist Church



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