
SENIORS NEWSLETTER

Inter-Agency Council for Aging, Inc. of Staten Island, NY

**** A Coalition of Agencies Serving Staten Island's Elderly ****

c/o Sea View Hospital
Administrative Building, Room 123
460 Brielle Avenue
Staten Island, NY 10314
(718) 667-3162

Funded by the Office of the Staten Island Borough President &
The New York City Department for the Aging

Carol Dunn, Executive Director

APRIL 2010

The Editors:

April is the month of showers to awaken Spring's flowers and it is also the month of 1st April Fool's; 4th Easter; 15th TAX Day .

Awake, thou wintry earth -

Fling off thy sadness!

Fair vernal flowers, laugh forth

Your ancient gladness!

~Thomas Blackburn, "An Easter Hymn"

BULLETIN BOARD

- **FREE Income Tax Return Preparation:**
Tax Season: FREE help is available to prepare your income tax returns.
 1. AARP (TCE/Vita) ; Volunteers receive training certified by the IRS,
For information and site locations , see the S.I site list on Page 4 ; or go to the AARP website :
https://locator.aarp.org/vmis/sites/tax_aide_locator.jsp and enter your Zip code.
 2. IRS - Free efile and tax return preparation available online -
<http://www.irs.gov/> , Free File.

• **DATES TO SAVE**

- **IAC Caregiver Seminar-** for Baby Boomers & their Aging Parents , tentative date - May 7th .. -
 - **9th Annual Housing Forum 55+ ,** Pre-registration required - April 20th .
 - **Education Committee Program ; May 20th**
 - **Annual Recognition Lunch - June 1st** _
-

About 2010 Census

1. The next census is April 1,2010,
2. The census is a count of everyone living in the United States every 10 years ,
3. The census is mandated by the U.S. Constitution,
4. Your participation in the census is required by law,
5. It takes less than 10 minutes to complete,
6. Federal law protects the personal information you share during the census,
7. Census data are used to distribute Congressional seats to states, to make

decisions about what community services to provide, and to distribute \$300 billion in federal funds to local, state and tribal governments each year.

For more information on the U.S. Census go to their website :

<http://2010.census.gov/2010census/>

Tax Tips -

- Even if you do not have to file a tax return, the New York City School Tax Credit is yours for the asking (and filing). This is a refundable credit and has been reduced to \$62.50 for each (non-dependent) NYC resident and \$125.00 for married filing joint. Form NYC-210 (available at the free VITA or TCE tax sites or at most libraries) can be filed with NYS.
- The most frequent senior question at TCE tax sites - Who MUST file a Federal tax return? These are the taxable income* limits for most Seniors :

STATUS	INCOME*
Single - 65+	\$10,750.
Married (filing jointly)	
one spouse 65+	\$19,800.
Both 65+	\$20,900.
Head of Household - 65+	\$13,400.

*Note - SSA benefits are not included unless , you are filing - Married filing Separately.

Two important new credits this year :

- Homeowners can increase their Standard Deduction up to \$500. (\$1000. If Married filing joint) to offset paid Real property tax, and Local Sales tax on a 2009 new vehicle purchase.
- Taxpayers with Earned income (Wages - W2; Self-Employed - 1099C) may be eligible for the Refundable -Making Work Pay Credit on Schedule M.

Home sharing is

two or more older people sharing space in a large home or apartment. Privacy and

independence are maintained while housing costs are substantially reduced. By matching the needs and preferences of prospective Homesharers , Richmond Senior Services will help interested seniors find a compatible sharing situation. They offer two types of matched housing:

- Project SHARE - (Senior Housing At Reduced Expense) - tenants are carefully matched with homeproviders offering to share space in their homes at reasonable rents.
- Share-a-Rent - housemates are carefully screened to share space in large apartments or houses leased and managed by Richmond Senior Services .

For more information , contact Richmond Senior Services, Inc., Project SHARE , 718-816-1811 .

Home Health and Hospice Profile -

The New York State Department of Health has launched a home health profile site, which allows consumers to locate and review available data for licensed home care service agencies, certified agencies, long term care programs, and hospice.

One can use this site to find information about home health agencies and hospice programs in New York State. Where possible, quality of care measurements are provided. You are encouraged to use this information to begin conversations with your doctor , other health care professionals, as well as with family members about your home care options. The website address is: <http://www.homecare.nyhealth.gov>

FOR YOUR HEALTH :

Springtime Wheezing: Advice on Managing Allergic Asthma -

Asthma affects more than 17 million people in the United States. While asthma has been known to affect people year round, spring can be particularly troublesome for the 10 million Americans who suffer from allergic asthma, according to the American Academy of Allergy,

Asthma and Immunology (AAAAI). Warmer temperatures mean higher pollen and mold spore counts, causing trouble for the allergic asthma sufferer.

Symptoms of asthma include coughing, shortness of breath, rapid breathing, wheezing and chest tightness. While the symptoms of allergic and non-allergic asthma are similar, the triggers vary, depending on the type of allergen to which the individual patient is sensitive:

Non-allergic asthma triggers: *Air Pollution, *Fumes, *Perfumes, *Household cleaning* agents, *Insecticides, * Fresh paint, *Tobacco smoke, * Infection,

Allergic asthma triggers:

*Pollens; *House dust mites; *Animal dander; *Mold spores; *Cockroaches.

The AAAAI recommends the following actions to control allergic asthma:

* Minimize outdoor activities when pollen counts are high. Peak pollen times are usually between 10 a.m.-4 p.m. Get pollen count information for your area from the National Allergy Bureau at www.aaaai.org/nab.

* Keep your car windows closed when traveling.

* Try to stay indoors when humidity is reported to be high, and on windy days when dust and pollen are blown about.

* Consult an allergist/immunologist, who can evaluate your history and conduct tests to find out if your asthma needs to be managed more effectively.

ON THE LIGHTER SIDE.....

Some tips for handling stress —

Always keep your words soft, in case you have to eat them.

Since the early worm gets eaten by the bird, sleep late.

Good things come to those who are patient – or, it's the second mouse that gets to eat the cheese.

Birthdays are good for you; the more you have, the longer you live.

If you lend someone \$20. And you never see the person again, it was probably well worth it.

Don't see yourself as only one person in this huge world; for you are certain to be the world to one person.

We could learn a lot from crayons. Some are sharp, some pretty, and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

Once again, we would like to bring to your attention that we have a very comprehensive listing of agencies and services for the S.I. senior community on our internet website which is regularly updated. Please visit and stay informed :
<http://www.seniorcitizenhelp.org>

The End

AARP TaxAide Income Tax Assistance Sites

BRING THESE ITEMS TO THE SITE:

- **Photo I.D. & Soc. Sec. Cards for Taxpayers ;**
 - **SS cards for all dependents,**
 - **Copy of last years tax return,**
 - **W-2's , Wage & Earning statements; 1099 Statements for Social Security , Pension, Interest, dividend, capital gains, other income, etc.,**
 - **Economic Recovery INFO FROM SSA- IF NOT RECEIVED.**
-

RICHMOND COUNTY SAVINGS BANK

3879 AMBOY RD -10308

Handicap Accessible

Wed.. - 10:00A - 2:00P

RICHMONDTOWN LIBRARY

200 CLARKE AVE

Mon. 11:00A - 3:00P

OAKWOOD HEIGHTS COMMUNITY CHURCH

FALCON & GUYON AVENUE , 10306

Handicap Accessible;

EVERY OTHER Tue. - 11:30a- 2:30P

Beginning Feb. 2

(Feb.2 &16, Mar.2,16 & 30; Apr.13 only)

WEST BRIGHTON LIBRARY

976 CASTLETON AVE.

Tue &Wed., 12:30P - 4:00P

ARROCHAR FRIENDSHIP CLUB

85 JEROME AVENUE , 10305

Call to Schedule: 718-720-6110

Tues.- Feb.23 & Mar.23

NORTHFIELD SAVING BANK

2706 HYLAN BLVD, 10306

Handicap Accessible

Wed.&Thu. - 10:00A-2:00P

MT. LORETTO FRIENDSHIP CLUB

6581 HYLAN BLVD , 10309

Call to schedule : 718-984-8589

Tues.- Feb.9, Mar.9 & Apr.6

TODT HILL WESTERLEIGH LIBRARY

2550 VICTORY BLVD , 10314

Handicap Accessible

(Begin Mar. 8th), Mon. 11:00A - 3:00P

DONGAN HILLS PUBLIC LIBRARY

1617 RICHMOND RD , 10304

Handicap Accessible

Mon. 11:00A-4:00P, Thu.11:00A-4:00P