

# Senior Gazette

Fall 2010

by Carol Schmitkons, Director, Amherst Township Senior Service Office (ATSSO)

## Meal Options Available to Amherst Township Seniors

### Option 1: Home-Delivered Meals

ATSSO provides home-delivered meals for those over 60 and disabled adults over 18, with a cost that is adjusted to your income. This nutritious, hot lunch program includes your choice of an entrée, soup & sandwich, or soup & salad. To receive a home-delivered meal, contact the office at **988-5894, extension 101 or 102.**

### Option 2: Food Vouchers

“Lorain County Office on Aging” offers a Nutrition Program to qualifying Lorain County Seniors with a high nutritional risk. Eligible participants will receive **12 vouchers a month** that they can use to order healthy meals from a “dietician-approved” menu at Blue Sky Restaurant in Amherst. To become a participant contact the “Lorain County Office on Aging” at **326-4800** or **244-6261 (x4800)** to obtain and fill out an application.

### Option 3: Angel Food Ministry

Angel Food Ministry offers fresh, frozen and packaged food options at greatly reduced prices. Sites within 7 miles of Amherst Township include:

- *Cornerstone United Methodist Church*  
2949 West River Road North
- *Elyria Church of God of Prophecy*  
11233 LaGrange Road
- *Murray Ridge Church of God*  
7942 N Murray Ridge Road
- *St John Lutheran*  
1140 West River Road North

**ATSSO OFFICE HOURS:  
8:00 A.M. – NOON (M-F)**

**Phone: 988-5894**

**Carol Schmitkons at Ext. 102**

**Mary Carek at Ext. 101**

Email: [amhersttwpseniors@oh.rr.com](mailto:amhersttwpseniors@oh.rr.com)

## Lorain County’s “Medicare Check-Up Day” Set for Thursday, October 21<sup>st</sup> at 11AM

This year’s “Medicare Check-Up Day” sponsored by **OSHIIP** (Ohio Senior Health Insurance Information Program) will be held on October 21, 2010 at 11am. This event will be held at the New Russia Township Hall, located at 46268 Butternut Ridge Road, just to the west of State Route 58.

This is a worthwhile event where you can learn about recent Medicare changes. You will also get tips on how to enroll for 2011 coverage in a Part D prescription plan and/or a Medicare health plan. Be sure to bring a list of your prescription drugs in order to compare plans.

Amherst Township Senior Service personnel Carol Schmitkons and Mary Carek counsel for OSHIIP and will be there to assist you. If you are unable to attend this event, you can call the Senior Service Office at **988-5894** to schedule an appointment.

# Healthcare Transportation Alternatives

Residents with disabilities may have difficulty finding reliable transportation to their necessary appointments. Some may no longer be able to drive and are not able to get someone else to take them. Here are some options that might be helpful in getting to these appointments.

## **Option 1: LifeCare Ambulance**

LifeCare Ambulance provides this much needed service but it may be costly. Transport by car is \$33.60 one way and an additional \$3.75 per mile. Transport by ambulance (for wheelchair-bound) is \$42.00 one way and an additional \$4.75 per mile. A 20% discount is given to those who pay by credit card or check at time of service, or make payment within 10 days of the service date. All bills must be paid before the next transport.

Ambulatory Medicaid recipients can be transported to any medical appointment if they have "Job and Family Services" fill out the appropriate paperwork. Any questions can be directed to Gaye at LifeCare by calling **365-1127**.

## **Option 2: Visiting Physicians**

Visiting Physicians Association® is the country's leader in house-call medicine, with expertise in geriatric care. Their physicians and clinical team are skilled practitioners who are highly trained in the diagnosis and treatment of seniors as well as the homebound patient. Advancements in medical technology have made the most "state-of-the-art" care available in the comfort of your home. Their mobile diagnostic services

eliminate most emergency room and transportation costs, while providing the same results. These services are covered under Medicare "Part B" and most private insurances.

You will take part in the decisions that affect your health and they will provide important care coordination to help you access community resources and other services available in your home.

Services include but are not limited to:

- Comprehensive review of your medical history, physical examinations and ongoing treatment of your medical condition
- Medication management and medication refills
- State-of-the-art laboratory services and portable diagnostic testing performed in the comfort of your home
- Referral to physical therapy and specialized rehabilitation services
- Coordination of all home care services and medical equipment
- Community placement consultations

You can contact "Visiting Physicians" at **1-888-742-0508**.

## **Option 3: In-Home Care**

These agencies offer a range of services that help you remain safely in your home with some assistance. Many of them offer transportation options. Check the yellow pages or visit the Amherst Township Senior Service Office for a list of agencies serving Lorain County.

## 10 Things to Know About Health Reform: Pointing the Way to Better Care

1. **New Ways of Delivering Care** will foster better communication and coordination among health care providers, patients and family caregivers. They will also help prevent problems like harmful drug interactions, unnecessary hospitalizations, conflicting diagnoses, and failure to connect people with community-based health management services.
2. **Preventive Care** services coverage will be increased by Medicare.
3. **Payment for High Quality, Coordinated Care** in a system that prioritizes effective delivery of the right care, at the right time, for the right patients.
4. **Increased Payment for Primary Care** will help insure patients have ready access to good primary care.
5. **Making Care More Patient-Centered** using patient experience measures and shared decision-making tools will improve quality and reduce care disparity.
6. **Quality Measurement and Improvement** will focus on patient outcomes and functional status, coordination of care, equity of care and reduction of health disparities, and patient experience.
7. **Medication Management** to reduce dangerous medication interactions and medical errors and to help patients and families better manage chronic illness.
8. **Case Transitions** will hold providers accountable for better coordination of care and communication as patients move from one care setting to another.
9. **Stronger Health Care Workforce** will insure an adequate and appropriately trained workforce to meet older patients' complex health needs.
10. **Home- and Community-Based Services** ensure that vulnerable older adults and people with chronic conditions are able to easily access services that keep them out of nursing facilities by providing more independence, better health outcomes and a higher quality of life.

*Article published by "Campaign for Better Care".*



## FLU SHOTS

The Lorain County General Health District has set its 2010 Flu Shot Clinic Schedule. The cost is \$15.00 per shot. Medicare and Medicaid will be accepted. No one is refused due to an inability to pay. Individuals with special conditions or concerns should talk with their doctor before getting a flu shot.

The following dates and locations have been set:

- **Wednesday, September 29<sup>th</sup> from 10am to 6pm**  
New Russia Township Hall, Oberlin  
LaGrange United Methodist Church, LaGrange  
Lorain County Fairgrounds, Wellington  
Columbia Township Fire Dept., Columbia Station
- **Saturday, October 2<sup>nd</sup> from 10am to 3pm**  
Heritage North Elementary School, Avon  
Marion L. Steele High School, Amherst  
Midview Middle School, Grafton  
North Ridgeville Education Center, N. Ridgeville

- **Tuesday, October 5<sup>th</sup> from 4pm to 8pm**  
Oberlin High School, Oberlin  
Sheffield Middle School, Sheffield  
St. Vincent de Paul Church, Elyria  
Firelands Elementary School, Oberlin
- **Saturday, November 6<sup>th</sup> from 10am to 8pm**  
Avon High School, Avon  
Lorain County JVS, Obelin

Visit [www.loraincountyhealth.com](http://www.loraincountyhealth.com) or call the Lorain County General Health District's Flu Hotline at (440) 329-7926 for the most up-to-date flu clinic and prevention information. Addresses to the above locations are also listed.

For additional flu clinic dates and locations for other locations such as CVS Pharmacy, Rite Aid, Discount Drug Mart, Giant Eagle, Walgreens, and Sam's Club visit:

[www.livehealthyloraincounty.com/fluclinics](http://www.livehealthyloraincounty.com/fluclinics)