

# Senior GAZETTE

Fall 2011

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

## Home-Delivered Meal Program

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. A new “soup only” option has also been added to your choices. To receive a home-delivered meal, contact the office at **988-5894, extension 102.**

## What is an Ethical Will?

Hospice of the Western Reserve provided this answer to that question:

Sometimes called *life closure* or *legacy work*, an ethical will is a collection of personal values and family history that can be passed on to loved ones. While a legal will designates the disposition and transfer of material possessions and assets, an ethical will bequeaths personal values, reflections, advice and ideals. Transitional times like marriage, birth or end of life, special events and times of reflection often spark ideas for preserving your legacy with an ethical will. Legacy work and ethical wills can include a compilation of music, writing, creating a piece of art, fabric work, dolls, books, memory boxes and videos. Recording your legacy with an ethical will is like writing a love letter to those who are important to us so **write it, tape it, video it, record it, scrapbook it, sew it, craft it - pass it on.**

For other good ideas on what to include visit [www.HospiceWR.org/Legacy](http://www.HospiceWR.org/Legacy).

### **ATSSO OFFICE HOURS:**

**8:00 A.M. – NOON (M-F)**

**Phone: 988-5894 – Ext. 102**

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

**Please call the office for any questions you may have concerning Medicare**

## 2011

### Medicare Information

#### Medicare Check-Up Event

Ohio Senior Health Insurance Information Program (OSHIIP) will be holding their annual Lorain County “Medicare Check-Up Event” on **Wednesday, October 12<sup>th</sup>**, at 10 a.m. at the New Russia Township Hall located at 45440 Butternut Ridge Road (just west of State Route 58).

This meeting will be presented by OSHIIP trainer, Christine Moeller, and will give you the information you need to make wise health-care choices. It will explain what changes will be made to your Medicare Part A and B coverage as well as which companies and plans have been approved to offer “Part D” plans for 2012.

#### ***Reminder:***

**2011 “Part D” Open Enrollment Period has changed**

***The new dates are:***

**October 15<sup>th</sup> to December 7<sup>th</sup>**

# Adult Protective Services

*How do you tell if an elderly person is neglected or being exploited?*

Here is some information about who can receive help, how to know if help is needed, and who to call.

## **APS's goals are to:**

- Prevent, reduce or remedy conditions causing endangerment
- Maximize independence and self-determination
- Prevent unnecessary institutionalization

In Lorain County, **Adult Protective Services** is a division of the Department of Job & Family Services. They can be reached at **440-284-4465** on Monday through Friday from 7:30 AM - 4:30 PM.

Help is extended to persons 60 or over, who are believed to be at risk of abuse, neglect (including self-neglect), or exploitation, and who are:

-Handicapped by the infirmities of aging, or who have a physical or mental impairment that prevents them from providing for their own care or protection

-Living in a community setting (not a nursing home)

All reports are confidential, but you can remain anonymous. Emergencies are investigated within 24 hours, and all other reports within three working days.

**Types of elder abuse** – if any of these **red flags** are observed, ask that your suspicions be checked out:

**\*\*Physical Abuse:** Using coercion or inflicting injury by punching, pushing, slapping, kicking; restraining, cutting, burning or using objects; Unusual or severe bruising; bone fractures; untreated injuries.

**\*\*Sexual Abuse:** Any type of touching, fondling or sexual activity, when forced or threatened or without consent.

**\*\*Emotional Abuse:** Verbal threats, intimidation, humiliation, harassment; put-downs; name-calling and insults; playing mind games; isolation from family and friends; being restrained, locked in; fearfulness, agitation or withdrawal; elder's report of abuse.

**\*\*Neglect:** Untreated medical conditions; malnutrition or dehydration; unpleasant body odors; wandering; unsafe house conditions; bedsores; elder's report of mistreatment.

**\*\*Exploitation:** unexplained disappearance of funds or possessions; sudden changes in wills or financial documents; unpaid bills, unusual credit card purchases, large debts; parasitic relationship or 'new friends'; caregiver's unwillingness to use elder's resources for their care; elder's report of financial exploitation.