

Senior GAZETTE

Summer 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.**

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

Phone: 988-5894 – Ext. 102

Email: amhersttwpseniors@oh.rr.com

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

Ohio Means Generations – Because 50+ Matters

“Ohio Means Generations” is a multi-agency initiative to help people of all ages, but particularly Ohioans age 50 and older, realize their full potential as workers, students and volunteers, while assisting employers, schools and civic organizations to achieve more in their communities.

OhioMeansGenerations.com, the companion website, is a collaboration of several Ohio Departments, the state Workforce Development Board, the Ohio Board of Regents, the Ohio Community Service Council, area agencies on aging, as well as other organizations devoted to promoting civic engagement for adults age 50-plus. On this website, Ohioans can seek opportunities to remain in or return to the workforce, acquire new skills and continue a lifetime of learning, or put their time and talents to good use serving their communities.

2011

Medicare Information

2011 “Part D” – Open Enrollment Period Changes

This fall’s open enrollment period for approved 2012 “Part D” plans price comparisons and plan changes starts **October 15th** (instead of November 1st) and ends on **December 7th** (instead of December 31st).

Be sure to mark your calendar now with the new dates so you are not stuck in a plan that may not be meeting your medication needs for another year.

VA “Creditable” Coverage

Veterans please note that Veterans Administration coverage is **creditable** if one wishes to change to or add a Medicare “Part D” plan.

However, if you decide to switch to Medicare “Part A and B”, the VA hospital and medical coverage is **not considered creditable.**



Helpful Advice

A meal participant suggested this helpful hint. When sending cards to someone who is in the hospital or a nursing home for rehab, she suggests that you use their home address for return address rather than your own. Then, if your card gets there after they go home, it will still get to them rather than being returned to you.



Don't Carry Medicare Cards in Your Wallet or Purse

Identity thieves are on the prowl. They often target older adults because of their slower reaction times. Stealing a purse or a wallet can be an easy way to get your personal information. Driver's licenses have birthdates on them and Medicare cards usually use your social security number as part of the claim number.

So, I suggest putting your Medicare card in a file that you take with you to the doctor's office or that's available to family or emergency workers should you suddenly be taken to the ER. Also, don't carry bank account numbers and passwords with you. Leave them home in a safe place or with a trusted family member that you can call if you have forgotten them and find yourself needing them while you're out and about.

Driver Awareness/Safety Class

The Lorain County Sheriff's Office in conjunction with the American Automobile Association (AAA) are pleased to announce a **FREE** program for Lorain County Seniors that offers tips on Driver Awareness/Safety issues as well as Identity Theft information.

The Senior Driver Awareness/Resident Safety Program is designed to make a lifesaving difference in the lives of older drivers by offering useful tips on how to improve their driving, and protect themselves against crimes, scams and other potential dangers.

It is important to keep seniors safe and mobile. People over 65 are the fastest-growing population in the United States. By 2030, one in five drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads. Because of their fragility, seniors have the highest crash death rate per mile of everyone except teenagers.

AAA East Central and Lorain County Sheriff's Office are presenting this **FREE** program to keep our seniors safe and aware.

WHEN & WHERE

This program will be held on **Wednesday – July 6th** from 10:00 am until 12 noon at the Amherst Township Hall, which is located at 7530 Oberlin Road.

This **FREE** program is open to all Lorain County residents. So as to try and get an accurate count, please pre-register by calling the Sheriff's Office at 329-3700 as to how many will be attending. Light refreshments will be served.

*Sheriff Phil R. Stammitti - Lorain County Sheriff
AAA East Central Safety Advisor Lori Cook*

Medicare Annual Wellness Visit

More information on the annual wellness visit that was briefly mentioned in the last issue:

- You can get an Annual Wellness Visit every 12 months after **initial** “Welcome to Medicare” physical exam (offered to anyone who has joined Medicare “Part B” within the first 12 months after joining).
- Never had a Welcome to Medicare exam? That’s OK, you can get a free Annual Wellness Visit now and each year after – if Part B has been effective for 12 months.
- There is no cost-sharing (no coinsurance or deductible).
- During the visit, a personalized prevention plan will be developed, which builds on findings from the initial exam. It’s important to note the distinctions between the **initial** and **subsequent** wellness visits.

Initial annual wellness visit includes:

- Routine measurements – height, weight, blood pressure, body-mass index.
- Review of medical and family history.
- Establishes a list of current providers, suppliers, and medications.
- Personal risk assessment (including any mental health conditions).
- Review of functional ability and level of safety.

- Detection of any cognitive impairment.
- Screens for depression.
- Establishes a schedule for Medicare’s screening and preventive services you qualify for over the next 5 to 10 years.
- Provides other advice or referral services that may help intervene and treat potential health risks.

Subsequent annual wellness visits include:

- Measurement of weight, blood pressure, and other measurements deemed appropriate (height and body-mass index only for significant weight change).
- Updates medical and family history, providers list, suppliers and medications, screening schedule and list of referral services to help intervene and treat potential health risks.
- Reviews initial personal risk assessment.
- Detection of cognitive impairment risks.

CMS offers a quick-reference guide on the components of the “Welcome to Medicare” physical exam: [ABCs of the Initial Preventive Physical Examination](#). It provides a flow chart, explains all components of the exam, suggests what information and which documents a new Medicare beneficiary should bring along to the exam, and links to additional resources.