

# Senior GAZETTE

Summer 2012

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 “soup only” option is also available as a choice.

We currently need a few individuals willing to sub when meal drivers occasionally are unable to deliver meals. **Mileage is reimbursed.**

If you would like to receive a home-delivered meal or if you would like to be a volunteer meal driver, please contact the Senior Service Office at **988-5894, extension 102.**

## Social Security Statement Available Online

Convenient and secure access to your Social Security statements is now available online at:

[www.socialsecurity.gov](http://www.socialsecurity.gov)

## New CMS Website

The “Centers for Medicare & Medicaid Services” (CMS) is sponsoring a new website that offers valuable information about the following topics:

- Federal Policy Guidance
- State Resource Center
- Affordable Care Act
- Medicaid & CHIP Program Information
- Waivers (information organized by state, program name, waiver authority and status of an application)

Visit this website at [www.Medicaid.gov](http://www.Medicaid.gov)

**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)

## Lorain County Support Groups

The “Center for Body, Mind & Spirit” located at 41201 Schaden Road in Elyria offers a wide range of programs including:

- Support Groups
  - Breast Cancer
  - Man-to-Man Prostate Cancer Support Group
  - Coping with Lung Cancer
  - Leukemia, Lymphoma and Myeloma Support Group
- Exercise and Fitness
- Creative Healing Workshops & Groups
- A Place to Learn: Educational Sessions
- Individual Support Services, such as social work supportive counseling, hospice and palliative care information, comfort touch, lymphedema therapy consultation, labyrinth exploration, legal consultation and meditation

Programs and services are free to anyone touched by cancer.

For more information, call them at **440-324-0480** or you can see their program guide online at:

[www.MercyOnline.org/CBMS](http://www.MercyOnline.org/CBMS)

## News from the Department of Health and Human Services:

### --Administration for Community Living

Department of Health and Human Services (HHS) Secretary, Kathleen Sebelius, recently announced the formation of a new HHS division that combines the Administration on Aging (AoA) with the Administration on Developmental Disabilities and the Office on Disability. The new division, "Administration for Community Living" (ACL) provides a formal infrastructure to ensure consistency & coordination in community living policy across the Federal government.

The reorganization will strengthen HHS efforts to support community living, regardless of age.

### --Expansion of the Community First Choice Option

The latest step towards expanding community living created the Community First Choice (CFC) Option. The new health care law gives States additional resources to make community living a first choice, and leave nursing homes and institutions as a fall back option.

Locally, in response to these initiatives, LEAP is establishing a local advisory group, of which I will be a part, to address housing alternatives and transportation for nursing home residents being returned to local community settings.

## Pro Seniors

### **What Is Pro Seniors?**

Founded in 1975, Pro Seniors is a non-profit organization that provides free legal and long-term care help to older adults. Pro Seniors offers Ohio residents age 60 and older the advice and information they need to solve their legal and nursing home, adult care facility, and home health care problems. They are dedicated to helping older adults maintain their independence by empowering them, by protecting their interests, and by helping them access resources.

### **What Pro Seniors Offers You**

Pro Seniors maintains a "Legal Hotline" that serves the State of Ohio. By calling their Legal Hotline at **1-800-488-6070**, Ohio residents age 60 or older can receive free assistance over the telephone with a variety of legal or long-term care problems. Pro Seniors also provides pamphlets on a variety of subjects, from Medicare and Medicaid to consumer fraud and food stamps. You can find a complete list of pamphlets along with more information on their website at **www.ProSeniors.org**.

### **SCAM NOTICE**

Diabetes patients beware of calls claiming to be from Medicare that offer you **free** glucose meters or diabetic test strips. This is a red flag as Medicare never makes calls offering supplies or services! Remember to never give away personal information over the phone, including your Medicare number, bank account information, or credit card numbers, especially if someone has called you.

If you think you're the target of a scam, report it to the "Office of Inspector General" (OIG) hotline at **1-800-447-8477** or contact **Pro Seniors**, Ohio's designated "State Medicare Patrol" for healthcare fraud at **1-800-488-6070**.

# Help For Alzheimer's Caregivers

## Making the Home Safe for Those with Alzheimer's

Alzheimer Disease is an incurable disease that afflicts nearly half of adults over 85. It presents a true test of human resources for the burdened family caregiver. These caregivers are particularly concerned for the safety of their loved ones.

The following tips are from "**Today's Caregiver**" and are intended to help relieve some of the stress felt by those involved in the care of a person with Alzheimer's while assuring that their safety needs are met as well as maintaining independence, positive social interaction and meaningful activities:

- Consider setting your home water heater below 120 degrees, since the individual may no longer be sensitive to extreme temperatures.
- Prepare a list of emergency phone numbers including local police and fire departments, as well as the nearest hospital and poison control center. Conduct fire drills regularly and check fire alarms and extinguishers monthly.
- "Kiddy Gates" should not be used to prevent wandering because they are generally not strong enough to keep an individual from climbing over them or kicking them down.
- Mirrors and glass surfaces can cause confusion and delusions for a person with Alzheimer's. If they frighten the

affected individual, take them down or cover them up.

- Remove electrical appliances, such as hair dryers, curling irons and electric razors from the bathroom.
- Provide a "safe place" where the person can roam or move freely without risk of injury. Even in barrier-free areas, caregivers should pay close attention to what the affected person is doing, particularly as the disease progresses and the likelihood of needing assistance increases.

More information is available on their website at: [www.caregiver.com](http://www.caregiver.com).

*Just released:*

## Alzheimer's Disease & Other Dementias Interactive Educational Course

This ground-breaking method helps caregivers make the most of a senior's life journey – including that individual's history, passions, and hobbies – to meet each day's behavioral challenges.

Home Instead Senior Care® network Care-training program offers family caregivers the same kind of training that their professional CAREGivers<sup>SM</sup> receive.

This e-learning course is available for no cost. This course along with more information may be found at:

[www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com)