

Senior GAZETTE

Winter 2014

by Lynda Ashley, 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.

If you would like to receive a home-delivered meal, please contact the Senior Service Office at **988-5894, ext. 101**.

VOLUNTEERS NEEDED!!

ATSSO is in need of volunteer drivers to deliver meals from 10:30 - 12:00 noon. We have a vacancy on Thursdays for the months of January to April.

We are also in need of substitute drivers year round, delivering one to three times a month. Mileage is reimbursed.

Please consider volunteering, you can do as much or as little as you would like. Call the Senior Service Office if you would like to help.



For the second year in a row, “Daisy Scout Troop 50146” and “Junior Troop 50410”, under the leadership of Katy Andrijowych, have graciously prepared care packages for our seniors that participate in the Amherst Township Meal Program. Each Christmas, the girls spend time thoughtfully creating gift packages for our seniors. We are very appreciative of their kindness and willingness to give to others.

(See photo on next page)

ATSSO OFFICE HOURS:

8:00 A.M. – NOON (M-F)

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

MyCare Ohio

Medicare “Opt-out” option

All enrolled members of “MyCare Ohio” and new enrollees have the right to have their Medicare benefits covered by their “MyCare Ohio” health plan or they can “opt-out” of the Medicare portion of “MyCare Ohio”. An individual can choose to have the same plan provide Medicare services, but it is not mandatory. Individuals will have the option to decline that enrollment and remain in either traditional Medicare “fee-for-service” or Medicare Advantage.

Participants will have until **December 31, 2014** to select a plan for their Medicare services in order to complete MyCare Ohio enrollment. Existing MyCare Ohio members will be automatically enrolled in the Medicare portion of “MyCare Ohio” unless they decide to “opt out” of their Medicare benefits. Those who do not select a plan for their Medicare services will be automatically enrolled adding Medicare to their current “MyCare Ohio” plan. Existing customers that do not want to receive their Medicaid and Medicare benefits from one “MyCareOhio” plan need to contact the Ohio Medicaid Consumer Hotline at 1-800-324-8680 or visit the enrollment website at:

<http://www.ohiomh.com>



Girl Scouts show off their receipt after shopping for the Seniors' care packages.

Medication Safety

Please be very careful with your prescription medications, especially Narcotics that you may take to relieve pain. These are particularly appealing to persons looking for a quick “high” or to sell for cash. “Campus Impact” along with the “Amherst Community Task Force” is offering **MediSafes** to seniors that have narcotic prescription medications at home.

These safes are free of charge, however donations are accepted. The first round of **MediSafes** is being provided by the “Lorain Alcohol and Drug Addiction Services Board”.

If you are interested in obtaining one of these safes, please contact “Campus Impact” at **(440) 864-2011** and leave a message with your name, address, and phone number.

Your information may also be sent by email to:

twalts@thecampusimpact.com.



HEATING BILL ASSISTANCE

Now that the cooler weather is here, higher heating costs can be burdensome and a worry to those on a fixed income. There are federal programs available for those that are disabled or over 60. Eligibility is income based.

“Lorain County Office on Aging” offers assistance applying for the **Home Energy Assistance Program (HEAP)** to eligible adults that live in Lorain County. HEAP assistance is offered from September through April. Eligibility is based on income. Call LCOOA at (440) **326-4800** to see if you qualify to receive Home Energy Assistance or another program.

“Lorain County Community Action Agency” has a few programs that offer various levels of assistance with heating:

- **Percentage of Income Payment Plan Plus (PIPP)** is an extended payment arrangement for income-qualified consumers of regulated electric and natural gas utilities.
- **Home Weatherization Assistance Program (HWAP)** is an energy efficiency program that helps consumers insulate attics, walls, and basements as well as perform other projects.

For more information on assistance programs, call the Lorain County Community Action Agency at **245-2009** or visit them at www.lcaaa.net or call the Office of the Ohio Consumers' Counsel at **1-877-742-5622** or visit them at www.pickocc.org.



Winter Safety Tips



It is that time of year again – ice, snow, and cold temperatures. Following are a few useful tips to avoid accidents this winter.

- Don't venture out if the temperatures are approaching zero or negative numbers.
- If you have to go out in the cold, make sure you bundle up really well. This reduces the risk of frost bite.
- Have someone keep your walks clear from ice and snow, especially if you walk to the mailbox.
- Consider asking a neighborhood teen to pick up your mail or paper and bring it to your door.
- Purchase “ice grabbers” that go on the bottom of your shoes for traction.
- Keep a cell phone with you in case you need help.
- Carry a small baggie with kitty litter to toss on icy areas for better footing.
- If you drive; carry extra blankets, cell phone, gloves, snacks, flashlight, and water with you in case your car becomes disabled.
- Stock up your pantry with canned goods and easily prepared food in case you can't get out for a few days due to weather or non delivery of meals through a Meal Program.
- Consider a system like “Life Alert”. You will have an emergency contact with you at all times.