

Senior GAZETTE

Spring 2015

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**.

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

FINANCIAL HELP FOR MEDICATIONS OR PART D PREMIUMS

If you receive Medicare benefits and have limited income, you may qualify for “Low-Income Subsidy”, also known as “**Extra Help**”.

“**Extra Help**” can reduce your out of pocket amounts for your monthly Part D premium, all or most of your copayments, and all or most of your annual deductible.

To qualify, there are limitations on your income and resources. Currently the limits are:

	<u>Individual</u>	<u>Married</u>
Income (monthly)	1,458.00	1,966.00
Resources	13,440.00	26,800.00

Income includes money from Social Security, pensions, employment, interest, and more.

Resources include money in a checking or savings account, stocks, bonds, mutual funds, and IRA’s. Resources do NOT include your home, car, household items, burial plots, up to \$1500.00 for burial expenses, or life insurance policies.

To apply for “**Extra Help**”, contact the Social Security Administration by phone at **1-800-772-1213** or visit their website at: www.socialsecurity.gov

Other Programs Available for Help with Medicare Part B Premiums:

QMB – Qualified Medicare Beneficiary acts like a free Medicare Supplement policy. QMB pays for all deductibles and coinsurance that Medicare doesn’t. It will also pay for the Medicare Part B premium of \$104.90.

SLMB – Specified Low Income Medicare Beneficiary pays the Medicare Part B premium of \$104.90.

QI – Qualified Individual program also pays the Medicare Part B premium. These benefits are limited and you have to apply annually.

All the above programs are based on income. Please feel free to call our Senior Service Office if you have any questions or would like more information on any of these programs.

FREE TAX PREPARATION

AARP Tax Aide sites are available to file your 2014 taxes now through April 15, 2015. Seniors and medium to low income taxpayers are encouraged to take advantage of this free income tax service offered by AARP volunteers.

Local sites are:

The Amherst Public Library

221 Spring Street, Amherst

Phone: 988-4230

Tue and Thur: 10:30 am – 3:00 pm

Please call the library to make an appointment.

The Lorain County Office on Aging

320 N. Gateway Blvd., Elyria

Phone: 326-4800

Tue and Thur: 8:30am – 1:00 pm

Please call LCOOA to make an appointment.

Medication Safety

The Amherst Community Task Force continues to offer “med safes” to residents that have narcotic prescription medications at home. (Ref article in the Winter 2014 edition of the Sr. Gazette.)

These safes are free of charge. Donations are being accepted



to purchase additional safes. The first round of “med safes” is being provided by the “Lorain Alcohol and Drug Addiction Services Board”.

Please note that the contact information has changed. If you are interested in obtaining a “med safe” or would like additional information, please contact Jim or Kathy Loos at **(440) 823-6177**.



Spring Safety Tips



Below are a few useful tips to avoid accidents this spring.

- Be cautious of ice, even though the calendar says spring, early morning and evenings can be cold. What was water during the day can quickly become ice.
- Don't climb a ladder to clean your gutters or windows. Ask a family member or neighbor for assistance. You may also contact the LCOOA at **326-4800** and inquire about “Chore Service”.
- Keep a cell phone with you in case you need help, even if you are only out in the yard.
- Wear sturdy shoes if you are going out of the house.
- Wet surfaces and mud may cause you to slip. Be sure to walk on paved surfaces until the ground is firm and dry.
- Wear a hat and sunscreen. Sunburns can occur in spring, especially the first few times you are out for prolonged periods.
- Consider a system like “Life Alert”. You will have an emergency contact with you at all times.

