

Senior GAZETTE

Summer 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**.

SUMMER SAFETY TIPS

Although we enjoy the summer sun and heat, some medications may make seniors more susceptible to sunburn and dehydration. Please keep these simple tips in mind when going outside:

- Hydrate, drink plenty of water especially on really warm and humid days.
- Protect your skin from the sun with a sun hat, long sleeves, and/or a good sunscreen.
- Tend to yard work in the early morning or evening hours. Avoid being out between 10 am and 2 pm when the sun is the hottest.
- Take frequent breaks. Go in the house or sit in the shade and drink some water.

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

MEDICARE UPDATES

Medicare will be removing clients’ Social Security Numbers from their ID cards as an extra protection for those on Medicare.

In moving to halt the practice, Congress was motivated by the proliferation of electronic health records and a rash of recent cyber attacks, including a data breach at Anthem.

Medicare officials have up to four years to start issuing cards with new identifiers. They have four more years to reissue cards held by current beneficiaries. They intend to replace the Social Security number with “a randomly generated Medicare beneficiary identifier”. Changing to another number will be a humongous job. The details are still being worked out.

In the meantime, please remember to guard your personal information at all times, especially your Social Security number.



THANK YOU



I would like to sincerely thank Daisy Girl Scout Troop 50146. The girls, under the direction of Katy Andrijowych, lovingly created a beautiful planter for each senior citizen who is participating in our meal program. These Girl Scout “Green Containers” were planted with cilantro, basil, and various flowers. The seniors were delighted by the heartfelt gesture from these young girls. This is the second time that our meal participants have been blessed by the generosity and thoughtfulness of Mrs. Andrijowych’s troop. **THANK YOU!**

FARMERS' MARKET COUPONS

Any Lorain County resident who is 60 years or older and has an annual income up to 185% of the Federal poverty level, can apply to receive \$50.00 worth of coupons to be used at local Farmers' Markets.

Household income includes not only all wages and salaries, but items such as unemployment insurance, disability payment, retirement checks, rental receipts, and any other form of income. The annual income limit for a one-person household is \$21,775 or less and for a two-person household is \$29,471 or less.

Applications are being accepted from June 23, 2015 through October 2, 2015 (or until supplies are exhausted). To apply, please visit the "**Lorain County Office on Aging**" at 320 North Gateway Blvd., 2nd Floor, Elyria, Ohio, between the hours of 8:30 a.m. and 4:00 p.m., Monday through Friday. For questions contact the LCOOA by phone at **326-4800**.

BENEFITS ASSISTANCE

If you are over 18 with a disability or over 60, "**Lorain County Office on Aging**" (LCOOA) offers assistance in determining what services you may be eligible to receive and can help you connect with area programs. Some of the programs available are:

- Medicaid
- Medicare
- Food Stamps/Nutrition Programs
- Home Energy Assistance Programs (HEAP)
- Telephone Discount Programs
- Prescription Drug Plans & Discounts
- Health Care Benefits

Please call LCOOA at **326-4800** for more information.

IDENTITY THEFT AND SCAMS

Identity theft happens when someone uses your personal information without your consent to commit crimes. Personal information includes your name, date of birth, Social Security number, Medicare, Insurance, credit card numbers, or bank account numbers. This information can be enough for someone to open accounts in your name, you may not realize the theft until you are contacted by a debt collector or by your bank advising you of being overdrawn.

Senior Citizens appear to be the highest targeted individuals for scams and identity theft in relation to Medicare. Guard your cards and information. Be wary of anyone telephoning you

requesting personal information like Medicare numbers, credit card numbers, bank accounts, and social security numbers. Medicare, IRS, and Social Security will send you any requests by mail. If someone calls you offering "free" service and requests your Medicare number **DO NOT** give that information to them. Hang up on anyone requesting the information.

If you suspect identity theft, or think you gave your personal information to someone you shouldn't have, call the Federal Trade Commission's ID Theft Hotline at 1-877-438-4338.

If you are in danger (someone is pressuring or intimidating you), call the Lorain County Sheriff Department.