

Senior GAZETTE

Winter 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**.

2016 MEDICARE UPDATES

There will be no “cost of living” adjustments in 2016 for Social Security. Due to this, Medicare Part B premiums will not increase for most participants*, although the deductibles will be increasing. See the figures below for the 2016 deductibles:

Part A

- \$1288.00 Hospital deductible
- \$322.00 daily copay for days 61-90
- \$644.00 daily copay (lifetime reserve)
- \$161.00 skilled nursing copay for days 21-100

Part B

- \$166.00 annual deductible
- \$104.90 monthly premium for those enrolled before 2016*
- \$121.80 monthly premium for those who enroll in 2016*

***Premiums may vary due to income and/or other factors.**

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com



WINTER SAFETY TIPS



The 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 must go out, bundle up covering all exposed skin, including your face.
- Consider asking a neighbor or teen to bring your mail and paper to your door.
- Purchase “ice grabbers” for your shoes to aid in traction should you need to be out.
- Have someone keep your walks clear from ice and snow, especially if you walk to the mailbox.
- If you drive, carry extra blankets, a cell phone, gloves, snacks, flashlight, and water with you in case your car becomes disabled.
- Consider having meals brought to your home through a “Meal Program” so you won't have to go out for groceries.
- Stock up your pantry with canned goods and easily-prepared food in case you can't get out for a few days or meals can't be delivered.
- Sign up with a service like “Life Alert”; you will have an emergency contact at all times.

HEATING BILL ASSISTANCE

It's that time of year again! Cold weather means higher heating costs which can be burdensome and a worry to those on a fixed income. There are some federal programs available to those that are disabled or over 60. Eligibility is based on household income.

- **Home Energy Assistance Program**

Lorain County Office of Aging offers assistance in applying for the Home Energy Assistance Program (HEAP) to eligible adults that live in Lorain County. HEAP assistance is offered from September through April. To learn more, or to see if you qualify, please phone "LCOOA" at **326-4800**.

- **Percentage of Income Payment Plan (PIPP)**

Through Lorain County Community Action Agency you may qualify for PIPP, which is an extended payment arrangement for income-qualified consumers of regulated electric and natural gas utilities.

- **Home Weatherization Assistance Program (HWAP)**

Home Weatherization Assistance Program (HWAP) is an energy efficiency program that helps consumers insulate attics, walls, and basements as well as performing other projects.

For more information on assistance programs call the "Lorain County Community Action Agency" at:

440-245-2009

or call the "Office of the Ohio Consumers' Counsel" at:

1-877-742-5622

CAUTION: PHONE SCAMS

Please be very cautious when answering your phone. Residents have been receiving calls from various people promising or asking for money.

THESE ARE SCAMS!!!

One such call is: "You have won a large sum of money, but it is unclaimed and you have to make arrangements to get this check by paying for delivery or by giving them your banking information so they can deposit a check."

If you receive this call, please hang up! **DO NOT** give out any personal data including your banking information, credit card numbers, date of birth, address, etc. These calls appear to be coming from an "876" area code, which is located in Jamaica. **DO NOT** call the phone number back as you will incur international calling charges!

Another phone scam that has been occurring for a while now is someone stating that they are from the IRS and you owe money. They will threaten you with jail time or a lawsuit. The IRS will **ONLY** notify you via regular mail should there be a problem. The IRS will NOT call nor email you.

Please remember **NEVER** to give out personal information over the phone to any caller. For your protection please make your family aware of any calls that you receive.

You may also report it to the Lorain County Sherriff Office at **329-3710**.

