

Senior GAZETTE

Fall 2016

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**.

SENIOR LIVING FAIR

The 11th annual Senior Living Fair will be held Saturday, October 8, 2016 from 10am-3pm at the Lorain County JVS located at 15181 SR 58, Oberlin. A wide variety of organizations will be providing information, services, and demonstrations for healthy senior living. Please note, the Lorain County General Health District's Flu Shot Clinic will NOT be doing flu shots at the Senior Fair.



VIAL OF "L.I.F.E."

Lifesaving Information For Emergencies, (known as L.I.F.E.) is a non-profit national program in which key medical information is available to first responders in the event of an emergency. A plastic baggie containing all pertinent medical information is labeled with a "Vial of L.I.F.E." sticker and placed on the outside of your refrigerator. An additional "Vial of L.I.F.E." sticker is placed on your front door or window, alerting first responders to look for your medical information on your refrigerator.

The Amherst Township Senior Services office is offering "kits" to all Amherst Township Senior residents. If you would like a "kit" or have any questions please feel free to call the office.

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com



2016



FLU SHOT CLINICS

The Lorain County General Health District's Seasonal Flu Shot Clinics for 2016 will be held from Oct. 6th to Nov. 3rd. For Amherst Township residents, the closest clinic will be held on **Thursday, November 3rd, at the Amherst VFW on 165 Cleveland St. from 3:00-5:00 pm.**

The LCGHD Flu Shot Clinics will accept most private insurances, Medicare Part B, and Medicaid. Without insurance, the cost is \$25 per regular dose or \$41 per high dose (recommended for ages 65+).

For a complete list of details and other locations and times, please visit the Lorain County General Health District's website at:

www.loraincountyhealth.com

To get more flu information by phone, contact the Flu Hotline at:

440-329-7926

For other locations and opportunities to get your flu shot there is an interactive "2016 Flu Shot Locator" that will help to find a clinic or pharmacy convenient for you. The Flu Shot Locator can be found by visiting the following website at:

www.LorainCountyFlu.com

MEDICARE OPEN ENROLLMENT

10-15-2016 thru 12-7-2016

Open Enrollment is the only time that seniors can change prescription and supplemental plans unless you qualify for a special enrollment. Each fall, seniors should run a comparison of their prescription coverage as drug companies are known to change which drugs they will cover, co pays, and/or which pharmacy is considered

preferred. Costs can change significantly year to year, it is best to compare. This is also a great time to see if you qualify for any “extra help” in paying your premiums. If you would like to compare your current plan with other options for 2017, please call the Senior Service Office for an appointment.

Medicare “Extra” Help

If you qualify for Medicare’s “Extra Help” program you will receive help paying your Medicare drug plan’s monthly premium and prescription copayments or coinsurance. The amount of “Extra Help” that you can get depends on your income and resources. Your premium generally will be lower if you receive “Extra Help” from Medicare.

You can qualify if you are eligible for Medicaid as well as Medicare. You also may qualify if your yearly income is less than \$17,655 if you are single with no dependents; or \$23,895 if you are married and living with your spouse with no dependents, and your resources are less than \$13,640 if single or \$27,250 and you are married and living with your spouse. Resources include your savings and stocks but not your home or car.

To see if you quality for Extra Help, please call: **1-800-MEDICARE**
(1-800-633-4227)

Medicare

“Check Up” Days

Are you interested in learning about the recent changes to Medicare? Plan to attend one of the local “Check Up” events and get tips on enrolling for coverage in a Medicare Prescription Drug Plan (Part D) and/or a Medicare Advantage Plan. Individual counseling sessions are available by appointment.

Lorain County “Check Up” dates and locations are:

North Ridgeville Senior Center

7327 Avon Belden Road
North Ridgeville

October 31st at 10:30 AM

*Counseling by appointment only,
Call 440-353-0856 to schedule.*

Avon Senior Center

36786 Detroit Road, Avon

November 17th at 10:00 AM

*Counseling by appointment only,
Call 440-934-2417 to schedule.*