

Senior Gazette

Spring 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**.

AARP “FREE”

TAX ASSISTANCE

AARP Tax Aide sites are available to file your 2015 taxes now through April 15th.

Seniors with middle to low income are encouraged to take advantage of this free income tax service offered by AARP Volunteers.

This service is offered on Tuesdays and Thursdays at the Amherst Public Library. Appointment times can be scheduled for:

9:30 AM
10:30 AM
1:00 PM
2:00 PM
3:00 PM

Please call the Amherst Public Library at **984-4230** to schedule an appointment.

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

2016

MEDICARE NEWS

Are you reviewing your “*Medicare Summary Notices*” (**MSN**) carefully?

When you receive the “*Medicare Summary Notifications*” (**MSN**) it is important that you look it over very closely. Often, Medicare will deny a claim that should have been paid. If you are notified that Medicare isn't paying for a service and you believe it is to be paid or question why it was not paid, you have a couple options:

- You can file an appeal with Medicare for redetermination of the claim. Details on how to file are on the back of the **MSN**. Please remember to pay close attention to the cut off dates in which you need to file your appeal.
- Seniors can call the Amherst Township Senior Services Office with any questions or to get assistance in determining why your claim was denied. You can also call if you would like help in filing an appeal.



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

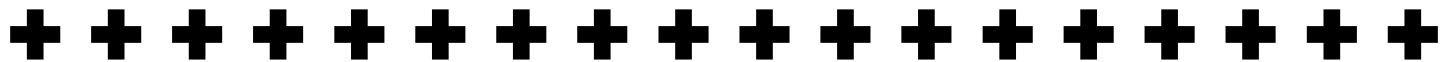


Lifesaving Information For Emergencies, (known as L.I.F.E.) is a non-profit national program in which key medical information is available to first responders in the event of an emergency.

A plastic baggie is labeled with a "Vial of L.I.F.E." sticker and contains all pertinent medical information needed, such as emergency contact, diagnoses, medications, allergies, legal designations, medical providers, and insurance information.

The "Vial of L.I.F.E." stickered baggie is placed on the outside of your refrigerator. An additional "Vial of L.I.F.E." sticker is placed on your front door or window. The sticker on the front door or window will alert 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.



Home Energy Assistance Program



WINTER means cold temperatures! Cold weather means higher heating costs which can be burdensome and a worry to those on a fixed income.

"HEAP" is a federally funded program designed to help eligible Ohioans meet the rising cost of home heating this winter.

For questions about the program, eligibility or to apply, please contact the Lorain County Office on Aging at 440-326-4822.

PACE

PACE (Program of All-inclusive Care for the Elderly) is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility.

PACE covers adult day primary care, dentistry, emergency services, home care, hospital care, laboratory/x-ray services, meals, medical specialty services, nursing home care, nutritional counseling, occupational therapy, physical therapy, prescription drugs, Part D covered drugs, preventive care, social services, caregiver training, support groups, respite care, social work counseling, and transportation if medically necessary.