

Senior GAZETTE

Summer 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**.

Meals can be provided for short term coverage for vacations if needed. Please call the office to inquire.



THANK YOU!!



To **Thome's Greenhouse** for providing beautiful hanging baskets to the Amherst Township Hall!!

A very heartfelt “**Thank You!!**” to Mrs. Sally Jones for providing 30 beautiful, handmade greeting cards to the Amherst Township Senior Service Office. These greeting cards will be sent out to our seniors as needed.

**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.

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 hot and humid days.
- Protect your skin from the sun with a good sun hat, long sleeves, and sunscreen.
- Plan to do yard work in the early morning or evening hours. Avoid being out between 10 am and 2 pm when the sun is at its hottest.
- Take frequent breaks. Go in the house or sit in the shade and drink some water.
- Consider asking a neighborhood teen to mow your yard or help with the weeding/planting.
- Carry a cell phone with you at all times in case of emergencies.

Considering “Early” Retirement?

Did you know that if you retire before your “full retirement age” there are limits to the amount of income you can earn without having a reduction in your benefits?

If you are younger than full retirement age: \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2016, that limit is \$15,720.

In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but Social Security counts only earnings before the month you reach full retirement age. For 2016, this limit is \$41,880.

Starting with the month you reach full retirement age: you will get your benefits with no limit on your earnings.

To find your full retirement age, please visit:

www.ssa.gov/pubs/ageincrease.htm



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.