

Senior GAZETTE

Winter 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.

WINTER SAFETY TIPS

The cold weather is approaching, below are a few safety tips:

- ❖ Do not attempt to go outside if there is ice on your porch or walkway.
- ❖ Have a family member or neighbor keep your walks and drive clear.
- ❖ Ask the post office to deliver your mail to your door instead of at the street.
- ❖ Ask the newspaper carrier to deliver to your door.
- ❖ Stock up on frozen meals, canned goods and boxed groceries to avoid having to go out in the cold.
- ❖ Wear shoes/boots with good traction.
- ❖ Always cover exposed skin.
- ❖ Stay current with your Flu and Pneumonia vaccinations.

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

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

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 \$17,820 if you are single with no dependents
- OR
- Less than \$24,030 if you are married and living with your spouse with no dependents

AND

- ★ Your resources are less than \$12,320 if single
- OR
- ★ Your resources are less than \$24,600 if you are married and living with your spouse

Resources include your savings and stocks but not your home or car.

NEW MEDICARE NUMBERS BEGIN IN 2018

The “Medicare Access and CHIP Reauthorization Act” (**MACRA**) is a law Congress passed requiring the “Centers for Medicare & Medicaid Services” (**CMS**) to implement a plan to assign every Medicare beneficiary a new identifier that is NOT tied to a Social Security Number. These new numbers are random and are 11 characters in length, being a mixture of letters and numbers. The change in the number will NOT affect your benefits. Beginning April 2018, the **CMS** will start mailing the new cards.

PLEASE NOTE:

CMS will NOT call and ask for information. Everything coming from Medicare will come by mail. If you receive a phone call requesting information, please hang up! Unfortunately, scammers are trying to take advantage of the confusion over these new cards.



MEDICARE DEDUCTIBLE INCREASE FOR 2017

Medicare Part A and B deductibles will increase beginning January 2017.

		<u>2016</u>	<u>2017</u>
Part A	Inpatient deductible	\$1,288.00	\$1,316.00
	Skilled nursing 61-90 day	\$322.00	\$329.00
Part B	Premium	\$104.90	\$109.00*
	Deductible	\$166.00	\$183.00

*Part B premium is based on income, some may pay more.

MEDICARE SAVINGS PLANS

Did you know that even if you don't qualify for full Medicaid you may still qualify for other assistance? Medicare offers four assistance programs for those with low income. All programs are based on income and resources, but are NOT subject to Estate Recovery.

<u>Program</u>	<u>Income (1)</u>	<u>Resources</u>
QMB	\$1,010.00	\$7,280.00
SLMB	\$1,208.00	\$7,280.00
QI	\$1,357.00	\$7,280.00
QDWI	\$4,045.00	\$4,000.00

Limits are higher for married couples.

If you think you may qualify, please call the Senior Service Office for further information or visit Medicare's website at:

www.medicare.gov