

# Senior GAZETTE

Spring 2017

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, soup & salad, or sandwich and salad. A "soup only" option is also available as a choice.

If you would like to receive a home-delivered meal, or need more information, 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.

## **FREE TAX HELP**



**For**  
**SENIORS**



IRS-trained and certified volunteers will be available to prepare Federal, State, and Local tax returns free-of-charge for middle to low income seniors.

Amherst Public Library, located at 221 Spring Street, will host the volunteers every Tuesday and Thursday beginning February 2 through April 13.

Reservations are required by calling the library at **988-4230**. Call early, spaces are filling fast.

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

**Phone: 988-5894 – Ext. 101**

Email: [amhersttwpseniors@oh.rr.com](mailto:amhersttwpseniors@oh.rr.com)

## **WHY YOU SHOULD** **GET YOUR FREE** **CREDIT REPORT YEARLY**

Everyone is entitled to receive a free credit report each year from the three major credit reporting companies:

**Equifax**  
**Experian**  
**TransUnion**

The credit report contains all your information; where you live, how you pay your bills, and if you have filed bankruptcy.

It is important that the information in your report is accurate because it can adversely affect your ability to get credit, a loan, or refinancing of your home. Credit scores, loan rates and terms are based on your credit report.

You can order all three reports at the same time. However, it is suggested that you stagger your requests and get a report from a different company every four months or so to keep a better eye on errors.

You can obtain these reports either by phone at **1-877-322-8228** or via the internet at:

[www.annualcreditreport.com](http://www.annualcreditreport.com)

# PREVENT FALLS

Falls are the leading cause of injury-related ER visits, hospitalizations and deaths for older Ohioans. However, falling is NOT a normal part of aging, and most falls can be prevented. The “**STEADY U**” Ohio initiative, a statewide prevention effort from the Ohio Department of Aging, offers simple steps you can take to ensure that wet and slippery conditions don't send you to the ground:

- Maintain regular physical activity for strength and balance. Ask your doctor or physical therapist about indoor exercises.
- Wear boots and shoes that fit properly and have soles with good traction. Keep shoes, canes and walkers dry and free of dirt and mud.
- Keep sidewalks and stairs outside your home clean of ice. Carry a small bag or shaker of rock salt, sand or kitty litter in your pocket or purse for traction on unexpectedly icy paths.
- When walking on surfaces that may be icy, shorten your stride and walk with feet pointed out slightly and knees gently bent to improve traction and balance.  
Walk like a penguin! 
- Let loved ones know when you are leaving the house and when you expect to be back. Carry a cell phone with you and call them after you return home.
- Improve lighting around your home with extra lamps and night lights, especially around doorways and stairs. Use the highest-wattage bulbs recommended for your fixtures.
- Keep space heaters, cords and blankets out of walkways. If you must use throw rugs on cold floors, secure them to the floor with tape.

Visit [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) for more fall prevention tips.

*\*Information copied from Ohio Department of Aging, Feb. 3, 2017 News Release*

## Falls Prevention Education

Public health nurses from the “Lorain County General Health District” will be in our community to discuss risk factors, ways to help prevent falls, and to answer any questions that you may have. Sessions are open to all adults 55 and older in Lorain County at no cost.

Nurses will be at The Old Stone Church located at 553 S. Main St., Amherst on April 7th and 21st. Sessions are at 9 am, 11am, & 2pm. Walk-ins are welcome.

For more information on Adult Health Services, contact the Lorain County General Health District at **322-6367**, or visit their website at:

[www.LorainCountyHealth.com](http://www.LorainCountyHealth.com)