

Senior GAZETTE

Summer 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. There is no minimum amount you need to order, the schedule is flexible. Meals can also be provided for short term coverage such as vacations.

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**.

MEDICARE LOW INCOME SUBSIDY

Low Income Subsidy (LIS) is a Medicare program that helps cover the cost of Medicare Part D prescription drug costs.

For those eligible, LIS will help pay your Medicare prescription plan's monthly premium, deductible, and copayments.

You may qualify if you have a yearly income of less than \$18,090 individual or \$24,360 for a married couple. Eligibility requirements change yearly.

To see if you are eligible to receive LIS or to get help applying for the program call the Senior Services Office to schedule an appointment or visit www.medicare.gov.

**ATSSO OFFICE HOURS:
8:00 A.M. – NOON (M-F)
Phone: 988-5894 – Ext. 101**

Email: amhersttwpseniors@oh.rr.com

EATING HEALTHY ON A BUDGET

As we age, we need to pay attention to our eating habits to better manage health conditions such as diabetes, pre-diabetes, high blood pressure, arthritis, and high cholesterol. Eating healthy and exercising daily may decrease the severity or reverse these health conditions all together. Following are a few tips to reducing food costs while eating healthier:

- By preparing meals at home you can save money and eat healthier.
- Check for sales and coupons, and then make your weekly menu accordingly. By doing this you will save money and won't have any wasted food.
- Shop for seasonal produce and/or visit farm markets for local seasonal items at a lower cost.
- Shop the outer edges of the store – avoid processed foods.
- Make larger portions using items on sale and freeze the leftovers for lunches and dinners.
- Read labels. Eating too many sugars can cause obesity and diabetes. Try to avoid added or hidden sugars like High Fructose Corn Syrup, cane juice, dextrose, and maltose.

ALZHEIMERS & BRAIN AWARENESS MONTH

Have you noticed you are getting a little forgetful? Misplacing common items? Unfortunately this comes with age. However, research has shown people can reduce their risk of cognitive decline by making key lifestyle changes. Following are a few ways to protect your aging brain:

- Engage in regular exercise. Increasing your heart rate causes an increase in blood flow to the brain and body.
- Challenge your mind. Engage in doing a jigsaw puzzle, play games, do crossword puzzles, write down your history/life story, or read.
- Risk factors like obesity, high blood pressure, and diabetes negatively impact your cognitive health. Adapt a healthy lifestyle; eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit.
- Not getting enough sleep may result in problems with memory and thinking.
- Pursue social activities that you will enjoy. Volunteer in your community, your church, for a local pet shelter, library, or school.

ELDER FRAUD – Look Out for Scams!

Scammers use a variety of tactics to make their offers seem legitimate. Their initial contact usually occurs by telephone, letters, door-to-door solicitations, fliers, e-mails and phony websites. They often try to convince consumers to send them money or give personal information, such as bank account numbers and Social Security numbers. Look out for the common signs of a scam listed below.

Signs of a Scam

- You've won a contest you've never heard of.
- You're pressured to "act now!"
- You have to pay a fee to receive your "prize."
- Your personal information is requested.
- A large down-payment is requested.

- The company refuses to provide written information.
- The company has no physical address, only a P.O. Box.
- They insist you pay in cash.

Con artists and scammers often target older citizens. Learn to recognize the signs of a scam and how to protect yourself.

This information was taken from the Ohio Attorney General's website at:

www.ohioattorneygeneral.gov.

To read more information about scams, view the entire brochure online by selecting "Individuals and Families"; then "Seniors"; then "Publications"; and finally click on "Elder Fraud Brochure (PDF)".

We will share more information from this educational brochure in future editions of the Senior Gazette.