

Directors Corner

Happy Fall! This year is quickly coming to an end. Thank goodness, right?! Everyone knows that once we hit Halloween, Thanksgiving and Christmas seem to go by in a blur. This year has been full of challenges for us all but I would like to focus on some positive things. First I am thankful for all of you. It is rewarding to be in the service of such wonderful individuals and families.

I know that I speak for all of us when I say it is a pleasure to serve you!

I am happy to announce that we are now serving senior lunches 11:30 -12:30, Mon-Wed-Fri in Stevensville and Victor and Thursday in Darby. To-go meals are still available for those choosing not to attend. We are following guidelines recommended by the CDC, State of Montana and our local health department to ensure the safety of the senior center patrons while allowing limited numbers of people to come together to enjoy a meal together. Keep in mind we may need to take a day or a week off here and there depending on what the positive cases look like in the valley.

Please contact your senior center for up-to-date information.

Our office is now open again but we are trying to keep traffic down so if you can take care of business with a phone call please do.

Call me with any questions or concerns,
Sincerely, Cathy

IMPORTANT DATES

FOR MEDICARE PRESCRIPTION DRUG COVERAGE

OCTOBER

- Medicare, Social Security, Health Plans, and Drug Plans will notify you of changes for 2021
- Your copy of “Medicare and You 2021” is available on-line or in hard copy

OCTOBER 15 - DECEMBER 7

- Annual Open Enrollment Period for 2021

ALL PEOPLE WITH MEDICARE SHOULD

- REVIEW THE 2021 COSTS FOR THEIR CURRENT DRUG PLAN
- COMPARE THE COST AND COVERAGE TO OTHER PLANS IN THEIR AREA
 - CHOOSE A PLAN THAT MEETS THEIR NEEDS

NEW PLANS TAKE EFFECT JANUARY 1, 2021

Call the Council on Aging at 363-5690 to make an appointment with Kati or Amber who are State Health Insurance Program Counselors (SHIPs) and can assist you find or change a drug plan.

Keep in mind there may be new plans with lower premiums available as well as possible Extra Help with monthly premiums. Even if you are satisfied with your plan in 2020, you still need to review your plan options for 2021. Part D and MA plans may have changes to their coverage, provider networks or other plan features.



RCCOA

provides liquid supplements, such as **Ensure, Ensure Plus and Glucerna**, at cost.

We have a variety of flavors such as chocolate, vanilla, strawberry and butter pecan.

We require a doctors prescription, which can be faxed to us, at 363-0401. Then, these supplements can be picked up directly from our office.

COA has a **Community Loan Closet** for durable medical equipment.

We loan equipment to people of any age. Use it as long as you need.

It's a loan!!

We are requesting a donation so we can repair and clean donations when necessary.

We often have wheelchairs, walkers—standard and wheeled, shower chairs, commode risers, crutches, just to name a few.

Call **363—5690** or come by to see if we have what you need.

Philips Lifeline Medical Alert Systems

RCCOA proudly offers Philips Lifeline medical alert systems for residents of Western MT. Even though we are based in Hamilton, we can service your family members and friends outside of Ravalli County. We offer three types of medical alert systems, from the economical basic button, a button with fall detection (Auto-Alert feature), to the top-of-the-line GoSafe 2 button for active seniors. Please contact our office more information on all three buttons.

If you are a current Lifeline subscriber – THANK YOU! Autumn is a great time to do a test call with your button. Simply press your button, and when the Lifeline operator answers, just tell them you are doing a test call. We are also available to review your responder list (contacts) and notify list with you via phone, Monday-Friday 9:00am-5:00pm.

We look forward to speaking with you!
Ann Schwab, Lifeline Program Manager
(406) 363-5690



Powerful Tools for *Caregivers*

Powerful Tools for Caregivers

is a 6 week educational program to provide family caregivers with tools to increase their self-care and confidence.

In the 6 week class, caregivers develop a wealth of self-care tools to:

Reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare providers; communicate more effectively in challenging situations; recognize the messages in their emotions and deal with difficult feelings; make tough caregiving decisions.

Class participants also receive a copy of The Caregiver Helpbook developed specifically for the class.

If you are interested or know anyone who is interested in the Powerful Tools for Caregivers class or have any further questions please call Kati @ 363-5690.

Bitterroot Valley Elder and Dementia Caregiver Support Group

Information, education and support to caregivers of persons with **Alzheimer's** and other progressive dementias.

1st and 3rd Friday
each month
at 1pm

RCEDA Business Building
274 Old Corvallis Rd

For more info please contact Kati Aiken at
RCCOA 363-5690

Ravalli County Council on Aging

provides equal opportunity and service to all persons without regard to race, religion, ancestry, national origin, sexual orientation, color, creed, sex, age*, physical disability or any other legally protected status.

What is CSFP?

There is a Commodity Supplemental Food Program (CSFP) available for income-eligible seniors, 60 and older.

The program began in 1969. It was originally created to help pregnant women and children, similar to the WIC program today. In 1985 the program began to include our elderly. Between 2014 and 2016, CSFP became exclusively for seniors.

Within the past year, additional changes allowed us to offer more canned fruit, vegetables and protein. The program continues to provide milk, cheese, cereal, pasta, juice, peanut butter, beans, tuna, chicken and/or beef.

We understand the challenges that are facing our seniors today and do our best to provide options.

Ravalli County Council on Aging is proud to partner with the State of Montana and the USDA to provide food packages every other month.

Please give Marci a call at 406-363-5690, to see if you qualify.

We would appreciate it if you could help spread the word by telling your friends, family and neighbors about this fantastic program.

Be sure to check our web page at
ravalllicoa.org
for updates and events!

Self-care is
not selfish.
You cannot
serve from an
empty vessel.

Eleanor Brown with 2 Ns
eleanorbrown.com

Low-Income Energy Assistance

The Low-Income Energy Assistance (LIEAP) and Weatherization Program application is available on the state website www.dphhs.mt.gov/programservices/energyassistance during the heating season, which is OCTOBER 1 - APRIL 30.

The Council on Aging offers application assistance. We can help you complete and submit the application so your benefits can be expedited.

Call the COA to schedule an appointment with Amber or Kati @ 363-5690

The State of Montana, through the Department of Public Health and Human Services, offers two programs aimed at helping low income individuals reduce their heating costs.

The Weatherization Program helps participants to improve the heating efficiency of their homes and thus reduce their energy consumptions.

The Low Income Energy Assistance Program (LIEAP) pays part of winter energy bills for eligible people. Most utilities offer LIEAP recipients discounts on their bills.

Who is Eligible

Eligibility for weatherization and fuel (energy) assistance is based on your income and assets. To be eligible for LIEAP, a single person household must make no more than \$26,616 annually. A two person household must not make more than \$34,805 annually. Resource limits also apply.

Both home owners and renters may apply for these programs.

Ravalli County Council on Aging provides the following services:

(406) 363-5690

Ravalli County Council on Aging Up Coming Events

- BitterRoot Bus / General Public Transportation
- Information & Assistance / Application Assistance
- State Health Insurance Program (SHIP) Counseling
- Homemaker Program
- Telephone Reassurance
- Powerful Tools for Caregivers / Stepping On
- Long Term Care Ombudsman
- Legal Assistance
- Meals on Wheels
- Congregate meals @ Senior Centers and Meal Sites
- Liquid Supplements (Ensure or Glucerna)
- Commodity Supplemental Food Program
- Elder & Dementia Caregiver Support Group
- LifeLine Medical Alert Services
- Money Management Services
- Loan Closet / Durable Medical Equipment

- Oct. 2nd & 16th - **Caregiver Support Group**
1 p.m. @ RCEDA Business Building
274 Old Corvallis Rd
- Oct. 15th - Dec. 7th - **Medicare Open Enrollment**
- Oct. 20th - 21st **Commodity distribution**
- Nov. 1st - **Daylight Saving Time ends**
- Nov. 3rd - **Election Day**
- Nov. 6th & 20th - **Caregiver Support Group**
1 p.m. @ @ RCEDA Business Building
274 Old Corvallis Rd
- Nov. 26th & 27th **Thanksgiving & Family Day**
Office Closed



The Council on Aging is an Aging and Disability Resource Center
We are dedicated to assisting persons in Ravalli County
60 years of age or older, and qualifying persons with a disability
Office hours are Monday - Friday 8am to 5pm, Closed Noon - 1pm

Postage

SERVING RAVALLI COUNTY

Ravalli County Council on Aging
310 Old Corvallis Road
Hamilton, MT 59840
406 363-5690