

Directors Corner

Hi,

Happy New Year! We are well on our way into 2021. We are thankful that we were able to continue services through COVID-19, shutdowns, etc. Unfortunately, meal sites at the senior centers were affected but we hope to be able to continue those soon. We will continue to provide our services to the best of our ability with our safety and yours in mind. I have now taken over the title and responsibilities of Executive Director and I am humbled and honored to have this position. I cannot begin to fill Paul's shoes, but I will try to carry on the legacy of this great Council on Aging that he has built and strive to maintain the vision and mission of "Providing the Opportunity for Independence" for seniors and disabled adults in Ravalli County. Do not worry, Paul is still around. You can find him managing the Senior Housing Development and focusing on the growth of Riverside Crossing Housing Cooperative. When he's not doing that, he will be helping the COA with maintenance and IT issues. Did he say he was retiring???

Cathy Orr

Executive Director, Ravalli County Council on Aging

Elder and Dementia Caregiver Support Group

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

Please join us in an informal group to share your concerns and experiences with others in a same or similar situation.

**1st and 3rd Friday each
month at 1pm**

**RCEDA Business Building
Conference Room
274 Old Corvallis Road**

**For more info please contact
Kati Aiken at RCCOA 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.

There is a minimal cost of \$30 to cover the book.

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.

Stimulus check:



What is a Money Network Card?

Is it a scam?

Around four million Americans will receive their stimulus payment on an EIP card which will be sent, via mail, in an envelope marked Money Network Cardholder Services.

Some Americans will receive their stimulus payments on a pre-paid debit card which will be sent to them through the post – these cards will be sent instead of a paper check. The Internal Revenue Service (IRS) started posting out around four million Economic Impact Payment (EIP) Cards last week but some people have been taken by surprise as they were not expecting anything to arrive in the post. Some have mistaken the envelope for junk mail or a possible scam and thrown them away...

How do I know my EIP Card is real and not a fake?

The EIP card will arrive in your mailbox in an envelope and there lies some of the confusion. The envelope containing your EIP card has no mention of either the US Treasury or the Internal Revenue Service (IRS). It does have a return address however: Money Network Cardholder Services along with a PO Box number (247022) Omaha, NE 68124-7022. The accompanying letter (which the EIP card will be glued to) does have the blue and yellow Department of the Treasury logo at the bottom left-hand side.

Money Network Cardholder Services is a legitimate company but unfortunately, there was a famous spate of credit card scams in the US a few years ago when cold callers would claim to be from Visa or Mastercard, or claiming to be “Rachel, Anne or Tiffany, from Cardholder Services” – the call would be followed by a series of questions, including details of the card verification code (CVC) on the back of the card. Never give any personal information, credit card details, bank account details or your social security number over the phone.

MetaBank: EIP Card issuing bank

While the EIP card is issued by the IRS, the card itself is produced by MetaBank, that is the issuing bank whose logo appears on the reverse of the card. On the back of the card, just below the CVC number, you will also see: Money Network® This card is issued by MetaBank®, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. EIPCard.com”.



Montana Elderly Homeowner's or Renter's

can qualify for a refund on the Montana State form called the **2 EC.**

If you own or rent your home, are 62 years or older as of 12/31/2020 and your household income is under \$45,000 you may be eligible for this credit even if you do not file an income tax return.

If you own your home, there is another program called PTAP – Property Tax Assistance Program that actually lowers your tax bill before you receive it in November.

Call Amber or Kati at the COA for help completing these forms.
406 363-5690

Homemaker Services

The COA Homemaker Program provides light house keeping to low-income seniors.

This service is intended to keep the senior's home clean, safe and clutter free.

Our homemakers' duties include:



- * Sweeping
- * Vacuuming
- * Mopping * Dusting
- * Cleaning bathrooms
- * Laundry * Changing beds
- * Emptying garbage
- * Cleaning the kitchen

This program is income based and fees are determined on a sliding fee scale.

For more information call
Kati @ 363-5690



Celebrate the 2021 March For Meals with us!

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who delivery these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government, and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating, or speaking out, you can ensure the seniors in our neighborhoods can love more healthy, happy, and independent lives at home, where they want to be.

In fiscal year 2020, Ravalli County Council on Aging provided 35,930 meals through the Meals on Wheels program. Over 7,031 volunteer hours were logged, with countless community members provided support for our county seniors. Please consider supporting Meals on Wheels during the **March For Meals** campaign and throughout the upcoming year.

Call Kayla @ 363-5690 for more info.