

Directors Corner

Happy June and Happy Father's Day
to all the dads out there!

We are so excited that the weather is getting nicer, and we are returning to more activities and outings. One idea for a fun outing: Meals are being served at Senior Centers again!

Also check in at your senior center to watch for activities that are returning.

Hamilton	Mon., Wed., Fri. 11:30
Victor	Mon., Wed., Fri. 11:30
Stevensville	Mon. – Fri. 11:30
Darby	Thursday 11:30

We have lots of activities planned for this summer as well as lots of ideas for letting people know who the Council on Aging is and what we do. Come say hi to us if you see us at community events and Farmer's Market or come by and grab a bottle of water (Drink up!) and meet some of the new faces in the office. Don't forget to check our website and Facebook for updates about our services and events.

Cathy Orr

Executive Director, Ravalli County Council on Aging



How can Medicare fraud, errors and abuse affect my costs?

Medicare fraud, errors, and abuse can all result in greater financial losses for Medicare beneficiaries. For example:

- You could be billed for the entire cost of a service, by a provider who should have billed Medicare first.
- You could be charged for health care services that you never received, were excessive, or were not medically necessary.
- Your medical identity could be stolen, allowing a scammer to receive medical treatment and bill your insurance. You should always read your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB), so you that you can detect any errors of fraud. If you believe your Medicare number has been misused, contact Amber, your local Senior Medicare Patrol, or SMP at (406) 363-5690.

Bitterroot Valley Alzheimer's 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**

Hi there!

My name is Katrina Yeaman. I recently started as a resource assistant. For the past 10 years I have been working in healthcare. Before the medical field I worked at an insurance company for 4 years.

Outside of being a mother and working I love spending time outdoors. When the weather is permittable I try to get out on the lake.

My 1-year-old Labrador puppy keeps me company when I am relaxing on the couch watching a show.

I hope we have a good summer and low fires this season.

I'm looking forward to continuing to serve the people in our community!



Council on Aging is Social!

Find us on Facebook. Search Ravalli County Council on Aging

Also, be sure to check our new web page at ***ravalliccoa.org***

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.

**Some program requirements are age specific.*

Council on Aging Summer Barbecues

A Thank You to Volunteers and Patrons

Hamilton - August 4
COA Bus Barn

Florence - TBA
Florence Fire Hall

Victor - August 13
Victor Senior Center

Stevensville - August 18
Stevensville Senior Center

Darby - August - 26
Darby Club House

All schedules are tentative and subject to change due to COVID-19

Contact Kayla with any questions or concerns 363-5690



Lifeline Medical Alert System



We are pleased to announce that Philips Lifeline will be updating their services to the AT&T 4G LTE wireless network. As landline usage continues to decline across the country, AT&T continues to

invest in their network delivering coverage to areas previously not available. Philips recognizes the importance of having a strong cellular offering to meet the needs of our seniors now, and in the future. AT&T is currently the leading enabler of public safety solutions in the US, helping public safety entities advance emergency communication services which, ultimately, create safer, smarter, and stronger communities. By operating on AT&T's 4G LTE network, more than 120,000 square miles of new service area is added, allowing us to serve more seniors than ever before with our wireless solutions.

Please call our office at (406) 363-5690 for more information on Lifeline medical alert buttons.

Senior Nutrition Programs

This month the Council on Aging will be kicking off a Hydration campaign to encourage seniors to drink more water.

Most people don't drink enough water, and, in my experience, seniors are worse about it. As we age our percent of body water content decrease because we lose muscle mass. Water does so much for the body and most people don't realize. It can increase your energy level, help enhance strength, balance, and endurance. It really helps with digestion, and helps you feel and look better all around. Sometimes people get so dehydrated that they can get tingling sensations throughout the body, headaches, sensitive vision, constipation, increased stress levels and an overall "brain fog."

Drinking water isn't the only way to increase your hydration levels. You can also eat high water content foods like fruit – cantaloupe, watermelon, & strawberries, veggies like lettuce, cabbage, spinach and squash. There are so many more out there that are very high in water.

This month we will be giving out water with all our Meals on Wheels to help the homebound seniors make sure to get some water. I will also be providing bottled water at all of our senior congregate meals as well as our salad bars that include fruits and veggies.



If you would like to help out with the cost of the water or extra fresh fruits please feel free to donate at www.ravalllicoa.org/donate-volunteer/ by clicking on the paypal button on the page.

Please put 'Water' in the memo box. If you are interested in volunteering to deliver Meals on Wheels, help at the congregate meals or one of our other volunteer opportunities please click the volunteer button on the same page and fill out an application.

Commodity Supplemental Food Program (CSFP) Senior Farmers' Market Nutrition Program (SFMNP)

Hi there! I am Kayla Paddock you may recognize me from the other Nutrition programs here at the Council like Meals on Wheels and the Congregate meals.

There are some transitions happening in the office and with Marci's new duties it makes sense that the Nutrition person be the one to happily take charge of the Commodities and Farmer's Market coupon programs.

I look forward to meeting each of you over time. Please feel free to contact me here at the office

@ 363-5690 or by email at kpaddock@ravalllicoa.org.



Commodity Supplemental Food Program

We have plenty of available Commodities if you are interested. Please apply to get a bi-monthly distribution of some tasty and health non perishable food items like cereal, canned fruits and vegetables, juice, soup or meats, rice or pasta, beans and shelf stable milk.

Senior Farmer's Market Nutritional Program

Do you like fresh local produce? Do you shop at the local Farmers Markets? Would you if you had some extra food dollars for them? Do you make just a little too much for SNAP or the Commodity Program? If you answered yes to any of those questions PLEASE call me TODAY! Coupons will be distributed this month for use at the local markets from June through Apple Days in October.

Ravalli County Council on Aging Up Coming Events

June 4th & June 18th - **Caregiver Support Group**
1 p.m. @ RCEDA Business Building
274 Old Corvallis Rd Hamilton

June 14th - 15th - **Commodity distribution**

July 5th - Office **CLOSED** for **Independence Day**

July 2nd & 16th - **Caregiver Support Group**
1 p.m. @ 1 p.m. @ RCEDA Business Building
274 Old Corvallis Rd Hamilton

Annual BBQ's - Hamilton - Aug 4th Stevensville - Aug 14th
Victor - Aug 14th Darby - Aug 27th Florence - TBD



Ravalli County Council on Aging provides the following services:

- BitterRoot Bus / General Public Transportation
- Information & Assistance / Application Assistance
- State Health Insurance Program (**SHIP**) Counseling
- Reverse Annuity Mortgage
- Telephone Reassurance
- Powerful Tools for Caregivers
- Long Term Care Ombudsman
- Homemaker
- 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