

Directors Corner

“And all at once summer collapsed into fall” ~Oscar Wilde

Summer has truly collapsed into fall and winter’s not far behind. We have information on programs that can help you be prepared. Call our office to talk to one of our staff members about Medicare open enrollment, LIEAP, Lifeline medical alert program or information on our fundraiser “Keep Montana Warm”, and more. I am so thankful for each of you, for our staff and the privilege of living in Montana in the beautiful Bitterroot Valley. Enjoy this wonderful season and the holidays that follow!

Warmest wishes,
Cathy Orr

IMPORTANT DATES FOR MEDICARE PRESCRIPTION DRUG COVERAGE

OCTOBER

- Medicare, Social Security, Health Plans, and Drug Plans will notify you of changes for 2022
- Your copy of “Medicare and You 2022” is available on-line or in hard copy

OCTOBER 15 - DECEMBER 7

- Annual Open Enrollment Period for 2022

ALL PEOPLE WITH MEDICARE SHOULD

- REVIEW THE 2022 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, 2022

Call the Council on Aging at 363-5690 to make an appointment with Kati, Amber or Katrina who are State Health Insurance Program Counselors (SHIPs) and can assist you to 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 2021, you still need to review your plan options for 2022. Part D and MA plans may have changes to their coverage, provider networks or other plan features.





Keep Montana Warm

Council on Aging will be selling the World's Finest Chocolate candy bars as part of our fundraiser for the homeless. All proceeds will go towards helping people in need during the winter months. These funds will be used to purchase clothing and essential items.



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 for 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,
Aaron Shaver
Lifeline Program Manager
(406) 363-5690



Hello

My name is Randy Fogle
I came to Montana at the end of 2013 with the goal to better my life and create a healthy lifestyle. I started here at the Council at the end of spring 2021 as a

groundskeeper. I do what it takes to make the Council on Aging and Riverside Co-Op beautiful and relaxing for everyone to enjoy. Since then, I have also assisted with Commodities, Meals on Wheels delivery, and Lifeline personal emergency alert.

I look forward to learning more and helping when and where I am needed.

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.*

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

Happy Helpers

Ravalli County Council On Aging is providing limited Respite care to primary caregivers.

Our **Happy Helpers** are volunteers who provide temporary relief from the continuous support and care of an adult who is elderly or disabled and dependent on others.

Our **Happy Helpers** will visit 1x weekly and provide friendship, companionship and support. They will give full attention to the concerns of the caregiver and care receiver.

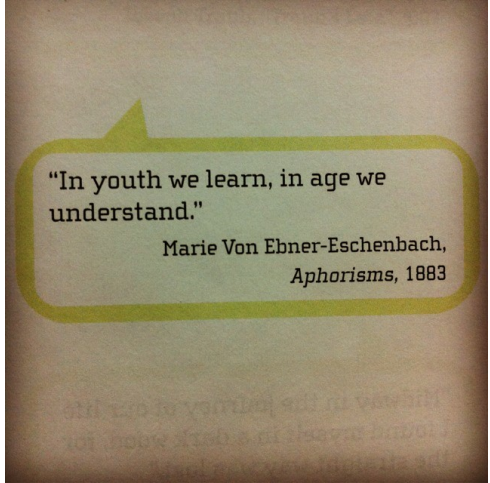
Caregiving is demanding.

Its ok and necessary to take a break.

Respite services benefit the care receiver as well as the caregiver.

For more information contact Kati or Katrina at RCCOA 363-5690

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



"In youth we learn, in age we understand."

Marie Von Ebner-Eschenbach,
Aphorisms, 1883

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 Katrina @ 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 \$27,282 annually. A two person household must not make more than \$35,676 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
- Happy Helpers
- 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. 1st & 15th - **Caregiver Support Group**
1 p.m. @ RCEDA Business Building
274 Old Corvallis Rd

Oct. 15th - Dec. 7th - **Medicare Open
Enrollment**

Oct. 11th - 13th **Commodity distribution**

Nov. 7th - **Daylight Saving Time ends**

Nov. 5th & 19th - **Caregiver Support Group**
1 p.m. @ @ RCEDA Business Building
274 Old Corvallis Rd

Nov. 25th & 26th **Thanksgiving & Family Day
Office Closed**



SERVING RAVALLI COUNTY

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

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