

# Council Updates

## Directors Message

We are slowly winding down into Fall with back-to-school sales, Fall décor in the stores and the Ravalli County Fair coming up soon. Crazy! But summer isn't quite done yet. I hope you have plenty more opportunities to get to your local farmers market and take advantage of the fresh produce and local vendors (don't forget your Farmer's Market Coupons when you go!). Check out our website for information on how seniors can be more vulnerable to the heat.

The Council on Aging continues to provide a wide range of services for seniors to help them remain independent and in their own homes. Commodities Supplemental Food Program (CSFP) is one of our nutrition programs that can help with food insecurity. If you, a loved one, or a neighbor could benefit from extra food every other month, then call our office or come by to get an application.

Sincerely,  
Cathy Orr

- Page 1 Directors Message Poem
- Page 2 Individual Tax Rebate Health Eating for Adults
- Page 3 Property Tax Rebate
- Page 6 Calendar of Events

## When I'm an Old Lady



When I'm an old lady, I'll live with my kids, and make their life happy and filled with such fun. I want to pay back all the joy they've provided, returning each deed. Oh, they'll be so excited. When I'm an old lady and live with my kids.

I'll write on the wall with red, white and blue; and bounce on the furniture wearing my shoes. I'll drink from the carton and leave it out. I'll stuff all the toilets and oh, they'll shout. When I'm an old lady and live with my kids.

# Individual Income Tax Rebate (House Bill 192)

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 programs requirements are age specific.*

The Individual Income Tax Rebate is a rebate of 2021 Montana individual income taxes. The rebate amount depends on your 2021 filing status and the amount of tax paid for 2021 on line 20 of the Montana form 2. For those filing single, head of household, or married filing separately, the rebate will be either \$1,250 or the line 20 amount, whichever is less.

## **You qualify for a rebate if :**

*\*You were a resident of MT for the entire 2021 year*

*\*You filed a 2020 MT resident or part year return*

*\*You filed a 2021 MT resident tax return*

*\*You filed your 2020 and 2021 MT returns by the due date for tax year 2021*

*\*You weren't claimed as a dependent by another taxpayer*

*\*Line 20 of your 2021 MT Form 2 has an amount greater than zero.*

**The MT Department of Revenue will send rebates automatically to those who qualify.**

## Healthy Eating for Older Adults

**Healthy eating is important at every age.** Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

**Make eating a social event** Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

**Drink plenty of liquids** You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

**Make the most of your food choices** Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

**Be mindful of your nutrient needs** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the **Nutrition Facts label** on packaged foods and also speak with your healthcare provider about possible supplements.

Source: **Healthy Eating for Older Adults**, from myplate.gov, U.S. Department of Agriculture



## PROPERTY TAX REBATE (House Bill 222)

### What is the Property Tax Rebate?

Gov. Gianforte in 2022 proposed a property tax rebate for Montanans for their primary residence and signed it into law in March 2023. The rebate provides Montanans up to \$675 of property tax relief on a primary residence in both 2023 and 2024

To qualify for the property tax rebate you must have:

\*Owned a Montana residence for at least 7 months in 2022.

\*Lived in that Montana residence for at least 7 months in 2022.

\*Been billed property taxes on this residence

\*Paid property taxes on this residence

Beginning August 15, taxpayers may claim their 2022 rebate online at [GETMYREBATE.MT.GOV](https://GETMYREBATE.MT.GOV) or by paper form. 2022 claims must be filed by October 1, 2023.

### Elder and Dementia Caregiver Support Group

Are you a caregiver for someone with Alzheimer's Disease or another type of dementia?

#### ***You are not alone***

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 @ 1pm**

**RCEDA Business  
Building  
Conference Room**

**274 Old Corvallis Road**

All Caregivers, family and friends are welcome.

406-363-5690 Kati Aiken

# Calendar of Events

- BitterRoot Bus/ General Public Transportation
- Information & Assistance
- SHIP (Medicare) Counseling
- Meals on Wheels
- Money Management Services
- Lifeline Medical Alert Services
- Homemaker Services
- Loan Closet/ DME
- Caregiver Support Group
- Liquid Supplements
- Commodity Supplemental Food Program
- Memory Care Support Services

\*See our website for all our services

[ravalliccoa.org](http://ravalliccoa.org)

**August 4th & 18th Caregiver Support Group**

**August 7 - 9 Commodity Distribution**

**August 30 - Volunteer Recognition BBQ**

**Sept 4 Labor Day - COA CLOSED**

**Sept 1st & 15th Caregiver Support Group**

RCCOA Is Social! Find us on Facebook.

Search Ravalli County Council on Aging

## Ravalli County Council on Aging

310 Old Corvallis Road  
Hamilton MT 59840

406 363-5690  
Fax 406 363-0401

PLEASE  
PLACE  
STAMP  
HERE

