

### **SENIOR CHOICES UPDATE**

During the month of October, staff members spoke with **393** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **24** new clients into our homecare program and disenrolled **35** clients, bringing our total to **893** clients at month's end. So far this year, we have served **1,185** clients through our homecare program.

### **OFFICE CLOSED FOR THANKSGIVING**

Our office and the nutrition program will be closed on Thursday, November 24 and Friday, November 25, in observance of the Thanksgiving holiday. Two frozen holiday meals will be delivered to all home delivered meal clients prior to Thanksgiving for consumption on these dates.

### **OPEN ENROLLMENT FOR MEDICARE PRESCRIPTION PLANS IS CHANGING IN 2011**

Open enrollment for the Medicare Prescription Drug plans runs from October 15 to December 7, with coverage beginning on January 1, 2012. In previous years, open enrollment began November 15, so please make sure to note the date changes and to compare your prescription plan early! Costs for the premium, deductibles, co-pays and the formularies of the medications may change every year. Our insurance specialist is here to assist you in exploring low-cost ways to access the prescription drugs you may need. Call us at (740) 363-6677.

### **NEW TO MEDICARE CLASSES**

Do you know someone who is about to turn 65? If so, please suggest they call COA! The Council for Older Adults is offering "New to Medicare" classes monthly. This class is open to anyone who is about to turn 65 or wants to learn more about Medicare. Information will focus on enrollment time frames; Medicare Parts A, B, C, and D; Medicare supplemental policies; and extra help programs. The classes will be in the board room at the Council for Older Adults on the second Wednesday of each month from 10 a.m. to noon. Participants should bring their Medicare card (if they have one), a list of prescription medication with dosage and frequency, and any questions they have pertaining to Medicare. Please call the Council for Older Adults at (740) 203-2382 to register.

### **MEDICARE CHECK-UP DAYS ON NOVEMBER 21 AND 22 FROM 9 A.M. - 3 P.M.**

This is a FREE service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIIP) at the Center for Older Adults. You will be able to meet with a representative to learn about the Medicare Annual Coordinated Election Period and receive a comparison on Medicare Part D drug plans. Bring your list of prescription drugs and your Medicare card with you. AN APPOINTMENT IS REQUIRED. Call (740) 363-6677 to make an appointment for the Medicare Check-up Day.

### **CAREGIVER WORKSHOPS**

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support. Please join us on December 13 from 9:30 - 11:30 a.m. for "Diabetes with a Family Focus," presented by McConnell Heart Health Center. Workshops are free and are held at the Center for Older Adults, 800 Cheshire Rd., Delaware. Please feel free to bring a friend! To register, please RSVP to Jen Spicer at (740) 203-2377.

## FOOD AND NUTRITIONAL SERVICES

With winter weather approaching, we would like to pass information along regarding weather related closings. We will deliver meals every day it is safe for our drivers to be on the roads. Occasionally, we are able to deliver food even when the schools close, due to our later delivery time. There may be times when the dining center here at the building will remain open even though the other dining centers close, to serve the employees and others here at the building.

When there is inclement weather, the Meals On Wheels program will monitor the weather and road conditions to make a decision about whether to close the program. Periodically throughout the winter months, we will deliver shelf stable emergency packs of food for you to use in the event of an emergency or a meal delivery closing. Additionally, frozen holiday meals will be delivered for the four holiday closings, two at Thanksgiving, one at Christmas and one for New Year's Day. Listen to our telephone voicemail (740) 203-2432 or (740) 203-2433, on all 4 local television stations, NBC channel 4, WBNS channel 10, WSYX channel 6, and FOX 28, radio station 610 WTVN and 5 other area radio stations for the closing announcement. Anytime we close, all meal clients will be called using a "One Call" system, an automated message that will ring to your phone announcing "meals will not be delivered today due to the inclement weather."

You will receive a letter explaining this and suggestions on how to assemble an emergency supply of shelf stable food. Please read this and begin to assemble your emergency kit. If you need help, possibly a family member or friend can assist you with this project. We want to help you plan ahead for these emergencies. Please call us with any questions at (740) 203-2432.

## HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Ohio Department of Development (ODOD) offers several programs to help low-income residents pay their utility bills and improve the heating efficiency of their homes. Applications for 2011-2012 are available at the Council office at the Center for Older Adults, 800 Cheshire Rd, Delaware. **Completed applications should be mailed to: Office of Community Services/Home Energy Assistance Program, P.O. Box 1240, Columbus, Ohio 43216.**

## PROJECT SAFE HEAT

Does your furnace need cleaned and tuned before winter? Community Action Organization (CAO) offers the service of cleaning and tuning your furnace, along with a free carbon monoxide detector, for all eligible persons age 60 or older. Please contact CAO at (740) 369-3184 for an application.

## CHORE PROGRAM

Do you or someone you know need help with leaf raking, cleaning out gardens, or flower beds? We have youth in our community who wish to perform service projects and will be assisted by an adult supervisor to complete your chore requests. You must furnish the tools necessary to complete the job. This service is free to all people 60 years old or older in Delaware County, and who have no other means to receive assistance with outdoor chores. If you have questions or would like to request this service, please contact the Council for Older Adults at (740) 363-6677 or (800) 994-2255. The Council for Older Adults will determine caller's eligibility at the time each request is made.



**Center for Older Adults**  
800 Cheshire Rd.  
Delaware, OH 43015  
**(740) 363-6677 or 800-994-2255**

