

## **SENIOR CHOICES UPDATE**

During the month of September, staff members spoke with **345** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **39** new clients into our homecare program and disenrolled **15** clients, bringing our total to **904** clients at month's end. So far this year, we have served **1,161** clients through our homecare program.

## **SENIOR HEALTH & SAFETY DAY AT THE CENTER**

Senior Health & Safety Day will be at the Center on Thursday, October 27, from 10 a.m. - 2 p.m. There will be free workshops and demonstrations, health screenings, flu shots, and more! Please plan on joining us for the day. For more information, contact the Center at (740) 369-5133.

## **TRANSPORTATION AVAILABLE...TWO WEEK NOTICE PLEASE!**

The Council for Older Adults Transportation Program can provide necessary (non-emergency) transportation for older adults and/or caregivers. Volunteers provide a door-through-door service, accompany a rider to and from an appointment or event, and can stay during the appointment if needed. Transportation is limited to Monday through Friday, 8 a.m. through 5 p.m. and depends upon the availability of a volunteer. **A two week notice is required in order to accommodate as many requests as possible.** If you are interested in this free program, please call your Care Consultant at the Council at (740) 363-6677.

## **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 shelf stable meals will be delivered to all home delivered meal clients prior to Thanksgiving for use on these dates.

## **FLU SHOTS**

The Delaware General Health District offers flu shot clinics at the Health District and other local community sites. For more information on flu shots, pneumonia shots or other clinic services for older residents, please call the Health District office at (740) 203-2040 or visit their website at [www.delawarehealth.org](http://www.delawarehealth.org).

## **CAREGIVERS...THANK YOU FOR ALL THAT YOU DO!**

National Family Caregivers Month, observed every November, is a nationally recognized month that seeks to draw attention to the many challenges facing family caregivers. In response to the growing need for informal caregiving by family and friends, we offer information, assistance and services to help these special individuals who, in their role as caregivers, help us keep older adults safely in their homes as long as possible. More caregiver information is available by calling the Council for Older Adults at (740) 363-6677 or 800-994-2255 or visiting our website at [www.growingolder.org](http://www.growingolder.org).

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support. Please join us on November 8 from 9:30 - 11:30 a.m. for "Putting Together the Puzzle that is Medicare/Medicaid," presented by Tara Day, Insurance Specialist at the Council for Older Adults. 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.

### **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. These programs include: **Home Energy Assistance Program (HEAP):** Assistance usually consists of a credit on the heating bill account each year; **HEAP Emergency Crisis Program (E-HEAP):** Assists households whose source of energy has been disconnected or are threatened with disconnection or who have less than a ten-day supply of bulk fuel; **Percentage of Income Payment Plan (PIPP):** A special payment plan that requires eligible customers to pay a portion of their household income each month to maintain utility service; **Home Weatherization Assistance Program (HWAP):** Assistance comes in the form of reducing the energy use by providing insulation, air leakage reduction, heating system repairs, health and safety inspections and testing as well as other services. 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**

As we say goodbye to warm summer breezes, it's time to prepare our yards for the changing of the seasons. 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**



# Medicare Information You Need to Know

## **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. 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 have them 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 held on the second Wednesday of each month from 10 a.m. to noon. Please call the Council for Older Adults at (740) 203-2382 to register.

## **MEDICARE CHECK-UP DAYS**

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 Coordinate Election Period and receive a comparison on Medicare Part D drug plans. Call (740) 363-6677 to make an appointment for the Medicare Check-up Day.

## **CHANGES TO YOUR MEDICARE ADVANTAGE PLAN?**

Many Delaware County residents may be affected by changes to their Medicare Advantage Plan in 2012. Our insurance specialist is receiving many calls with questions about these changes. The Council for Older Adults will hold information classes to discuss changes to Medicare Advantage Plans. The same class will be held on the following Mondays, October 24; November, 14 and October 31. Each class will be from 10 a.m. to noon at the Council for Older Adults. Please call the Council for Older Adults at (740) 203-2382 to register. Leave a message indicating which date you would like to attend.

## **OHIOHEALTH DROPPING MEDI GOLD**

AFTER DEC. 31, OhioHealth will no longer be participating in MediGold's provider network. That means MediGold members will no longer be able to access services at Grady Memorial Hospital, Healthworks or Grady Professional Services in Delaware County. Anthem, Aetna, Humana and Wellcare all currently offer Medicare Advantage plans similar to MediGold and all of them include not only Grady Memorial Hospital, Healthworks and Grady physicians, but also all OhioHealth hospitals and services in Delaware and Franklin counties. Members do not have to change from MediGold to another Medicare Advantage choice. However, if patients want to keep their current OhioHealth health care providers, they will need to choose a Medicare Advantage plan that is in-network with OhioHealth during the open enrollment period from Oct.15 through Dec. 7. With the new plan options, eligible patients will be able to receive care from any MediGold provider and also the entire OhioHealth family of hospitals and healthcare services.