

SENIOR CHOICES UPDATE

During the month of October, staff members spoke with **490** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **35** new clients and disenrolled **33** clients, bringing our total to **764** clients at month's end. Our year-to-date total of clients served is **1079**.

SENIOR CHOICES SERVICES

Please remember that if you have any problems with the services you are receiving, contact your Care Consultant immediately so we can help intervene and resolve the problem. You can reach your Care Consultant at (740) 363-6677.

OFFICE CLOSED FOR THANKSGIVING

Our office and the nutrition program will be closed on Thurs., Nov. 26 and Fri., Nov. 27, in observance of the Thanksgiving holiday. Two shelf-stable meals will be delivered to all home delivered meal clients prior to Thanksgiving for consumption on these dates.

NATIONAL FAMILY CAREGIVERS MONTH

Each year, November is declared to be National Family Caregivers Month. It is designated as a time to thank, support, educate and celebrate more than 50 million family caregivers across the country. Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking, and other services on a daily or intermittent basis. We understand how important it is for family and friends to be involved in the care of their loved ones and the great stress that can be experienced by those providing the care. 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. Caregiver information is available on our website at www.growingolder.org or call the Council for Older Adults at (740) 363-6677 or 800-994-2255.

CANDID CAREGIVER WORKSHOPS

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support from each other. Presentations are provided by various members of our community and focus on a host of topics. Future workshops include:

December 8: Dementia & the Holidays, by Shelly Wesner from the Alzheimer's Association

January 12: Understanding Dementia, by Shelly Wesner from the Alzheimer's Association

Workshops will be held at the Center for Older Adults, 800 Cheshire Rd., Delaware from 9:30 - 11:30 a.m. To register, please RSVP to Jen Spicer at (740) 203-2377.

MEDICARE PART D

Open enrollment for Medicare Prescription Drug Coverage (Part D) began November 15 and continues until December 31. Make sure your current plan is the right one for you. Many drug insurance companies have made changes to the list of drugs they will cover, which means what was paid for this year may not be paid for in 2010. Take the Medicare Part D Check-Up by calling us at (740) 363-6677 to get a comparison of the best plan for you. Please have a list of your medications including dose and frequency as well as your Medicare card. The results of the comparison can be mailed to you.

We will also be visiting senior housing locations to provide individual assistance in selecting the best plan. Please call us for the schedule or check with your housing management.

FALL CHORE SERVICE

Do you or someone you know need help with leaf raking, cleaning your yard, garden 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 free service is for any county residents age 60 years or older. If you have questions or would like to sign up for this service, please call the Council for Older Adults at (740) 363-6677 or 800-994-2255.

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 assistance consisting of a credit on the heating bill account each year; assistance with 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; a special payment plan that requires eligible customers to pay a portion of their household income each month to maintain utility service; and a home weatherization program.

Households are eligible for HEAP assistance if their income is at or below 200 percent of the federal poverty guidelines, an increase from the previous level of 175 percent. The increase is aimed at helping Ohio's unemployed or underemployed, and to assist more eligible households through their programs. Applications are available at the Council office, 800 Cheshire Rd., Delaware.

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 and to schedule an appointment.

WINTER CLOSINGS

We want to be sure we deliver meals every day that it's safe for our drivers to do so. Sometimes we are able to deliver food even when the schools close due to our later delivery time. Due to the need to serve the employees and others here at the building, the dining center at the Center for Older Adults will probably remain open even though the other dining centers may be closed. The Meals On Wheels program will monitor bad weather and road conditions to make a decision about closing the program. Periodically throughout the winter months, we will deliver shelf-stable emergency packs of food for you to keep on your shelves for use in the event of one of these closings. Closings will be announced on our telephone voicemail (740) 203-2432 or (740) 203-2433, on all 3 Columbus television stations, radio station 610 WTVN and other area radio stations. Anytime we close, your Care Consultant will attempt to contact you by phone to check on your ability to get food.

Soon, you will be receiving a letter explaining this and suggestions on how to put together 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.



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

Happy
Thanksgiving!

