

### **SENIOR CHOICES Update**

During the month of December, staff members spoke with **307** people who were interested in obtaining information & assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **21** new clients and disenrolled **26** clients bringing our total to **766** clients at month's end. The Council served **1109** clients in 2008.

### **CHANGES IN PROVIDER FEES FOR 2009**

As usual this time of year, we have new rates for some of the service providers through SENIOR CHOICES for 2009. This means that some service costs will increase slightly effective January 2009 and will be reflected on the bill you receive in February. If you have any questions about your bill, please feel free to contact your Care Consultant at (740) 363-6677 or 1-800-994-2255.

### **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 caregiving community and focus on a host of topics. Upcoming workshops include:

**Caregiving and Depression:** Monday, Jan. 19 from 6 - 8 p.m.

**Holding a Family Meeting:** Monday, Feb. 9 from 6 - 8 p.m.

**Where to Go From Here:** Monday, March 9 from 6 - 8 p.m.

Workshops will be held at the Center for Older Adults, 800 Cheshire Rd., Delaware. To register, please RSVP to Intake & Referral Specialist, Jen Spicer at (740) 203-2377.

### **TAX TIME AGAIN!**

In February, AARP Tax-Aide Coordinator Richard Hauenstein and IRS trained tax counselors will start preparing taxes for those 60 years of age and older. AARP's TAX AIDE is a free annual program, brought to you by your local AARP chapter and Council for Older Adults. All volunteer counselors have been specifically trained to prepare returns for older persons.

There are four locations this year:

Center for Older Adults, 800 Cheshire Rd. in Delaware - Wed. & Thurs. from 9 a.m. - 3 p.m.

Sunbury Library, 44 Burrer Dr. in Sunbury - Tuesdays from 11 a.m. - 3 p.m.

**For appointments at these locations, call the Council for Older Adults at (740) 363-6677**

Westerville Senior Center, 310 W. Main St. in Westerville - days and times to be determined. Call (614) 901-6560 for appointment information.

Dublin Community Center, 5600 Post Rd., Dublin - Call (614) 410-4550 for information.

On the day of your appointment you should bring: your last year's tax return, W-2's, 1099's, the amount of your Economic Rebate from last year (you do not have to pay taxes on it but your tax preparer can check to see if you are eligible for an increase in 2009), real estate taxes for 2008 even if you do not itemize, and any other tax-related materials.

This service is provided by appointment only. Please call the Council for Older Adults at (740) 363-6677 or (800) 994-2255 weekdays from 8 a.m. to 5 p.m. for further information. In case of inclement weather, please call ahead to be sure the Center is open.

### **STILL NEED A FLU SHOT?**

The Delaware General Health District will be offering Flu shots at the Center for Older Adults, 800 Cheshire Rd. in Delaware on Wed., Jan. 28, from 9:30 to 11:30 a.m. For more information on this or other Health District clinic services, phone (740) 203-2040. Walk-ins are welcome.

## **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 are available at the Council office, 800 Cheshire Rd, Delaware. **Please mail completed applications to: Office of Community Services Home Energy Assistance Program, P.O. Box 1240, Columbus, OH 43216.**

## **PROJECT SAFE HEAT**

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

## **TV CONVERTER BOX**

Do you have a TV in your home that works with the help of "rabbit ears" or a rooftop antenna? If so, you should be aware of an important change in broadcasting which goes into effect February 17, 2009. TV stations will be required to broadcast in digital which will require a converter box for each analog TV that you own. We are able to offer a limited amount of converter boxes to low income clients due to a grant funded by WOSU, Lifecare Alliance, Central Ohio Agency Area on Aging, and the Columbus Foundation. If you are interested in seeing whether you qualify for a free converter box, please contact your Care Consultant at (740) 363-6677.

## **FOOD AND NUTRITIONAL SERVICES**

We want to be sure we deliver meals every day that it's safe to do so. Occasionally, we are able to deliver food even when the schools close. There may be times when the Dining Center here at the Center for Older Adults, Studio 60, and Jj's Café will remain open even if other Dining Centers are closed so that we can serve those who are here at our location. When there is inclement weather, the Meals On Wheels program will monitor road conditions to make a decision about closing. We will deliver shelf stable emergency packs of food in advance for you to use in the event of an emergency or if the program is closed.

If we close the Meals On Wheels program, this information will be on our telephone voicemail (740) 203-2432 or (740) 203-2433, on all 3 local television stations - NBC channel 4, WBNS channel 10, WSYX channel 6, Radio station 610 WTVN and 5 other area radio stations. Anytime we close, your Care Consultant will attempt to contact you by phone to be sure you have food.

## **GET SMART**

Check out our Smart Spaces area at the Center for Older Adults. This special room has a variety of adaptive equipment on display to assist older adults and caregivers with their ability to remain in their own homes and live independently as long as possible. The area is open during regular Council for Older Adults office hours or other hours by special request.

## **GOT CELL PHONES?**

Did you know the Council for Older Adults is collecting old cell phones? Cell phones contain harmful materials like lead and cadmium that are released when phones break down in landfills and leach into our soils and drinking water. If you have an old cell phone and want to get rid of it, deposit it in a special box in our main lobby or talk with your Care Consultant about arranging someone to pick it up.



800 Cheshire Rd.  
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(740) 363-6677 or 800-994-2255

