Senior Choices Newsletter

June 2010

SENIOR CHOICES UPDATE

During the month of May, staff members spoke with **558** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **25** new clients and disenrolled **26** clients bringing our total to **789** clients at month's end. So far this year, we have served **958** clients.

OFFICE CLOSED FOR THE HOLIDAY

The Council for Older Adults and the Meals On Wheels program will be closed Monday, July 5, in observance of Independence Day. For those of you who receive home delivered meals, please make other arrangements for your meal(s) on this day. If you have no other means for food, please contact your Care Consultant at (740) 363-6677 or 1-800-994-2255.

SUMMER CHORE PROGRAM

The Council for Older Adults and the Department of Job and Family Services have teamed up to offer a summer chore program for county residents age 60 and over. This free service is available in part through a grant provided by the Council for Older Adults to the Department of Job and Family Services which employs teenagers through the summer for job training. The chores can include heavy cleaning, yard work, minor painting, minor home repairs and window cleaning. Crews will be assigned with an adult supervisor to complete chores.

The Council for Older Adults will help identify those with the greatest need for assistance and make referrals to the Department of Job and Family Services. We receive many requests for assistance and seniors are asked to get their request in as soon as possible. This program will be available from June 14 through August 6. Applications for the Summer Chore Service Program can be obtained by calling the Council for Older Adults at (740) 363-6677 or 1-800-994-2255. This program is funded in part by the local senior services levy.

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:
July 13: "**Senior Companion Program,"** presented by Pat Miley of Connections Volunteer Center and on August 10: "**Empowering Seniors for Effective Planning**," presented by Patricia Jackson and Don Chapin, Certified Elder Law Attorney.

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

SENIOR FARMERS' MARKET VOUCHER PROGRAM

The Senior Farmers' Market Voucher Program, sponsored by the Council for Older Adults, provides county residents with vouchers for fresh foods from farmers' markets in Delaware, Sunbury and Powell. All vouchers are valid through October 31, 2010.

Applicants must be 60 and over, and income restrictions apply. Vouchers are available on a first-come, first-served basis. Applications are available at local farmers' markets, the Council office, or online at www.growingolder.org. Participants who are not able to sign up for the vouchers or visit the markets may appoint up to two representatives to do so for them. The Senior Farmers' Market Voucher Program is funded by the Delaware County senior services levy.

Notice of Privacy Practices Change

It is our duty to inform you that we have made a slight modification to our "Notice of Privacy Practices" policy. This form is given to all new clients on their initial home visit by their Care Consultant. The following information was added to our policy:

> **Right to notification of breach of protected health information:** The Council for Older Adults may be required to notify you in the event that there is a breach of unsecured protected health information concerning you. In such an event, the Council for Older Adults will notify you of what happened and what you can do to protect yourself.

Please rest assured that it is our responsibility as licensed social workers to keep your private information confidential. We will continue to make this a priority at the Council for Older Adults. The "Notice of Privacy Practices" is located on our website at www.growingolder.org or you can contact your Care Consultant for a copy if you do not have access to the internet. If you have further questions, please contact your Care Consultant.

The 18th Annual Summer Festival was a Huge Success

The Festival on June 12, hosted by the Council for Older Adults, provided a lively backdrop for education, outreach, health screening, great food, entertainment, and family fun for all ages. The Council for Older Adults thanks the many sponsors, exhibitors, and over 400 volunteers for helping make the event possible. We would also like to thank the community for your continued support of this annual event!

"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 and 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 at the Center for Older Adults, 800 Cheshire Rd. in Delaware, on the second Wednesday of each month from 10 a.m. - 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) 363-6677 to register or get more information.

Program to Help Fight Senior Hunger in Delaware County

Qualifying older adults may receive monthly boxes of shelf stable food through the Commodity Supplemental Food Program, a cooperative effort between the Council for Older Adults and the Mid-Ohio Foodbank and is administered in Ohio though the Ohio Department of Job and Family Services, with funding provided through a federal USDA food and nutritional program serving lower income individuals.

Qualifying individuals must be age 60 or older, a county resident and have an income of no more than $14,079 per year. Income limit will increase based on household size. Income proof is not required. Participants will pick up special grocery boxes on a designated day or they may send a pre-determined authorized person. Typical contents include shelf stable items such as cereal, fruit juice, canned meat or fish, peanut butter or beans, canned fruit or vegetables, rice or potatoes, and American cheese, and boxes weigh 30 - 35 pounds. For more information or to sign up for this program (availability is limited), call (740) 363-6677 or visit www.growingolder.org.

Council for Older Adults of Delaware County

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