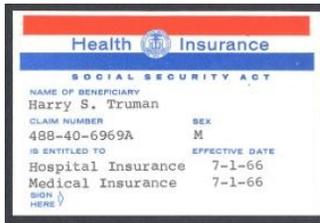


You're Getting a New MEDICARE CARD!



Between April 2018 and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security by calling them at **1-800-772-1213** or visit their website at: "ssa.gov/myaccount".
- Beware of anyone who contacts you about your new Medicare card! Medicare will never ask you to give personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

**ATSSO OFFICE HOURS:
8:00 A.M. – NOON (M-F)**

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@gmail.com



Home-Delivered Meal Program



ATSSO provides home-delivered meals for those over 60 and disabled adults over 18, with a cost that is adjusted to your income. This nutritious, hot lunch program includes your choice of an entrée, soup & sandwich, soup & salad, or sandwich and salad. A "soup only" option is also available as a choice.

If you would like to receive a home-delivered meal, or need more information, please contact the Senior Service Office at **988-5894, ext. 101**.

Meals can be provided for short term coverage for vacations if needed. Please call the office to inquire.

SENIOR FEST 2018

"Lorain County Office on Aging" and "Lorain County Public Health" will be hosting "The Senior Fest 2018" on Thursday, April 26, 2018 from 1:00 pm – 4:00 pm in the Spitzer Center at Lorain County Community College.

This event is FREE to the public.

Tips on how to improve your health, health screenings, and demonstrations will be available.

HEALTHY LIVING

As we grow older, health problems including those that affect the body and mind are more likely to occur. A number of steps can be taken to help preserve good physical and mental health well into the golden years.

Heart disease, diabetes and cancer are all conditions that become increasingly likely. Other aging problems include osteoporosis, the weakening of the bones, as well as vision and hearing problems.

The probability of a senior falling and causing an injury increases with age commonly due to problems with balance and osteoporosis issues. Poor vision and/or poor lighting can be contributing factors as well.

Mental health problems become more prevalent. The most well-known is Alzheimer's disease, a condition that causes declining mental function and other debilitating behaviors in older adults. In addition, a common but under-treated condition in senior citizens is depression. Often, older adults develop depression in concurrence with other debilitating health conditions like heart disease or cancer. Commonly, a side effect of many medications can be depression. In the winter months, lack of sun and a deficiency in Vitamin D can also contribute to depression.

Research suggests that maintaining a healthy weight is critically important to reduce the risk for such chronic health problems as heart disease, diabetes, and osteoporosis. Eating a healthy diet

and regular exercise will help reduce these risks. Other steps that can help with good health as people age include maintaining good sleep patterns, abstaining from smoking and staying socially active with friends and family and involved in the community.

SOURCES: U.S. National Library of Medicine; U.S. National Institute of Mental Health; U.S. National Institute of Diabetes and Digestive and Kidney Diseases.



FREE TAX HELP For SENIORS

IRS-trained and certified volunteers will be available to prepare Federal, State, and Local tax returns free-of-charge for middle to low income seniors.

Amherst Public Library, located at 221 Spring Street, will host the volunteers every Tuesday and Thursday beginning February 1st through April 17th.

Reservations are required by calling the library at **988-4230**. Call early, spaces are filling fast.

