

# Senior GAZETTE

Summer 2018

by Lynda Ashley, Director, Amherst Township Senior Service Office (ATSSO)



## 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. There is no minimum amount you need to order, the schedule is flexible. Meals can also be provided for short term coverage such as vacations.

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**.

## IRS CALLS

*United States Senate Special Committee on Aging, August 2, 2017*

Beginning in April 2017, the IRS began doing something taxpayers had been long told the IRS would never do – call taxpayers.

A provision in the “Fixing Americas’ Surface Transportation (FAST) Act” (Pub. L. 114-94) passed by Congress in 2015, enabled the IRS to begin using private debt collectors to collect overdue tax debts. Under the new law, the IRS will first notify a taxpayer in writing that their account is being transferred to a

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

**Phone: 988-5894 – Ext. 101**

Email: [amhersttwpseniors@gmail.com](mailto:amhersttwpseniors@gmail.com)

private collection agency. Once the IRS sends its letter, the private company will send its own letter and then may begin calling the taxpayer. The IRS released the following tips to help taxpayers identify suspicious calls that may be associated with the IRS imposter scam: The IRS will NEVER call a taxpayer to demand immediate payment, nor will the agency call about taxes owed without first having mailed a bill to the taxpayer.

- The IRS will never demand that a taxpayer pay taxes without giving him or her the opportunity to question or appeal the amount claimed to be owed.
- The IRS will never threaten to send local police or other law enforcement to have a taxpayer arrested.
- The IRS will never require a taxpayer to use a specific payment method for taxes, such as prepaid debit card.
- Once the IRS sends its letter, the private company will send its own letter and then may begin calling the taxpayer.

\*from ProSeniors Ohio SMP,  
“The IRS Can Call You”  
Published: April 2018



# BLOOD PRESSURE



Blood Pressure is defined as the force of blood pushing against artery walls as it goes through your body. Similar to the air in a tire, too much air pressure can cause damage to the tire; high blood pressure can cause damage to your arteries. High blood pressure, also known as hypertension, usually has no signs or symptoms, but it can lead to a higher risk of heart disease, stroke, and kidney failure.

Some risk factors leading to hypertension (high blood pressure) include obesity, drinking too much alcohol, smoking, and family history.

It is important for you to know your current blood pressure numbers, even when you're feeling fine. Next time you are at your local pharmacy, take your blood pressure, and write it down in a journal. Take the journal with you on your next visit to your primary care physician and show him your numbers. When some people visit

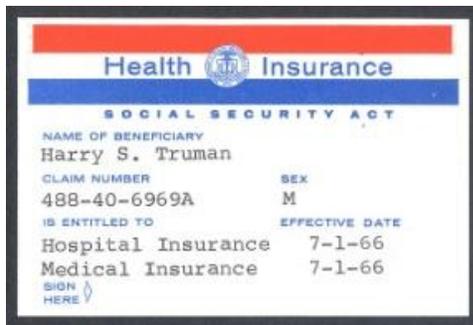
their physician, they experience "White Coat" anxiety and immediately their pressure increases. By taking your BP more regularly during your normal routines you will get a better picture of your blood pressure.

A few ways to reduce high blood pressure include:

- **Slow breathing exercises**
- **Meditation**
- **Incorporating more vegetables and fruits, less saturated fats, and switching to low-fat dairy**
- **Reducing your weight if overweight**
- **Daily exercise – walking**
- **Limit sodium in your diet**

If you think you may have high blood pressure or have any questions, it is advisable to discuss this with your physician.

## 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.