

# Senior GAZETTE

Spring 2019

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.

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**.

## 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 1<sup>st</sup> through April 17<sup>th</sup>.

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



**ATSSO OFFICE HOURS:**  
**8:00 A.M. – NOON (M-F)**  
**Phone: 988-5894 – Ext. 101**

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



## Exercise & Your Brain



Studies have shown exercise and a healthy diet may increase mental sharpness and reduce mental decline due to aging. Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. It's never too late to incorporate healthy habits.

Exercise can be as easy as walking 20 minutes, three times a week or riding a stationary bike for 30 minutes three times a week. If you are at a risk for falls due to medication, vertigo, or weakness; you can purchase a stationary pedal exerciser that you can use from a chair or use table top to strengthen your arms.

Seniors, who exercise regularly, three times a week, saw improvements in their brain's ability to pay attention, regulate behavior, get organized and achieve goals.

The seniors who adopted exercise and healthy diet changes, including eating more fruits and vegetables, showed somewhat larger gains cognitively.

## Prescription Assistance Program

Do you or someone you care for need prescription medications, but find it difficult to pay for them? The Lorain County "Prescription Assistance Program" can help!

The "Prescription Assistance Program" is available to Lorain County residents who have no or limited medication insurance coverage and provides medications at low or no cost to those in financial need.

To apply for the "Prescription Assistance Program", visit their website at:

[www.loraincountyhealth.com](http://www.loraincountyhealth.com)

At the home page, click on the "**P**" on the "A-Z Index Bar" and then click on "Prescription Assistance Program".

There you will find information on how to apply for the program which includes links to the Prescription Assistance:

- Overview letter
- Fax Cover Sheet
- Screening Tool

For more information regarding program details, guidelines, and prescription availability, call the "Prescription Assistance Hotline" at:

**440-284-3064**

or the "Drug Repository Program" at:

**419-627-2800**

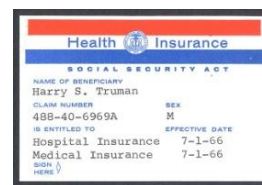
For additional information about other programs, services, community collaborations, and education, visit:

[loraincountyhealth.com/adult-health](http://loraincountyhealth.com/adult-health)

## OSHIIP PHONE SURVEY

"Ohio Senior Health Insurance Information Program" (**OSHIIP**) is currently conducting a customer satisfaction survey. If you have come to the Senior Service Office for Medicare assistance with Part A, B, D, or Advantage Plans, you may receive a phone call in the next week or two asking about your satisfaction with the help you've received from my office. The number associated with this survey is (435)-558-2553, and the caller ID will read "Utah." If you're contacted, you'll only be asked about your experience with this counseling session and won't have to provide any sensitive personal information. The caller will also give you an "OMB Control Number" (0985-0057), which will let you know that it's a legitimate survey.

## You're Getting a New MEDICARE CARD!



The last batch of new unique Medicare Cards will be arriving soon! Medicare is removing Social Security numbers from all Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. The new card won't change your coverage or benefits. If you do not receive your new card by **May 15, 2019**, please call Medicare's toll-free number at 800-633-4227.