

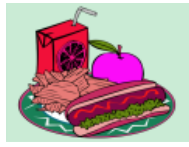
# Senior GAZETTE

Summer 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**

## “ANONYMOUS CALL”

## BLOCKING

If you are bothered by telemarketer phone calls and have a land line (home phone) there is a free service offered to block those “anonymous” and “private” numbers.

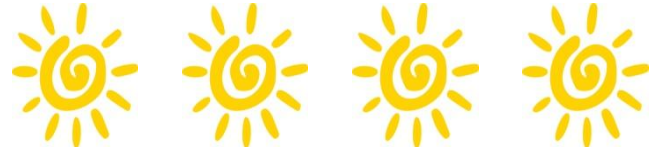
After lifting or turning on your handset:

- Press **\*77** to block, and
- Press **\*87** to deactivate it anytime.

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

**Phone: 988-5894 – Ext. 101**

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



## SUMMER SAFETY TIPS

Summer is here and with it comes the hot weather. Temperatures can reach highs in the 80’s and 90’s.

It is important that seniors take steps to stay safe this summer. Drinking water frequently, remaining in the shade as much as possible, taking frequent breaks, going inside to cool off, and avoiding over exertion are great examples of ways to protect oneself from the heat and sun.

Another added protection is to do outside yard work in the early morning or late evening as to avoid the intense midday sun and heat.

Some medications and medical conditions require avoidance of the sun. Seniors should discuss medication instructions thoroughly with their physician.



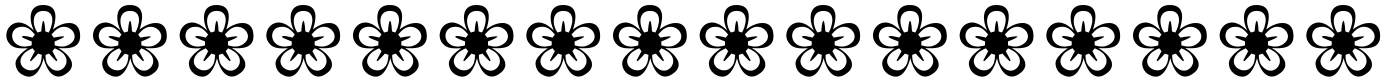
# POWER OF ATTORNEY

A “Power of Attorney” (**POA**) is a legal document that appoints a “representative” the power to act on another person’s behalf. It is used to designate a person to manage financial and or medical affairs, if, because of health issues, an individual becomes unable.

A Financial POA makes an individual a financial agent for another. The designated person can pay bills and manage finances. It does not allow the financial agent to change a will, make decisions after death, or change/transfer the POA to someone else.

A Medical POA makes one individual a healthcare agent for another. With this you can direct the medical care that someone needs should they be incapacitated.

It is advisable that all persons over 18 have both a “Medical” and “Financial” Power of Attorney in place for emergencies. It is best to consult an experienced local attorney to make sure you are obtaining the proper power of attorney paperwork according to Ohio state laws.



## UTILITY COST HELP

Utility costs can be higher in the summer due to air conditioning. Keeping your home cool is important. The “Public Utilities Commission of Ohio” (PUCO) offers an income-based program called the “**Home Energy Assistance Program**” (**HEAP**) for those needing help with their electric bills.

The “**Summer Crisis Program**” offers a one-time benefit to be put toward the purchase of an air conditioning unit or fan or the payment of an electric bill. This program is offered starting on July 1<sup>st</sup> and runs through August 31<sup>st</sup>. The program is for those with medical conditions and low-income elderly households. For more information or to apply for assistance please contact the Lorain County Community Action Agency at:

**1-855-806-9620**

### LEGAL DOCUMENTS

If you or a loved one were to pass away suddenly or become very ill, is your family aware of the location of your will, life insurance papers, power of attorney, and/or deed to your home?

Investing in a fire proof box or a small safe that will fit your legal papers along with letting a family member know the location is something we should all do in preparation of an emergency.