



Flathead County

Agency on Aging Newsletter

January-February 2018

40 11th Street W—Kalispell 59901—(406) 758-5730—flathead.mt.gov/aging

Don't Leave Money on the Table!

Home Owner/Renter Tax Credit Form 2EC

The State of Montana gives refunds to homeowners or renters age 62 or older with incomes under \$45,000 a year. The amount of the refund depends on how much property tax or rent you paid, up to \$1000.

To collect the refund, you fill out a state tax form called a 2EC. You can do it yourself, have a tax preparer do it or **call us at 758-5730 to make an appointment and we'll help you fill it out and file online.** To complete the form, you'll need proof of ALL income, including Social Security, pensions, annuities, etc. as well as copy of your tax bill or signed rent receipt from the landlord.

Starting January 22nd, our staff will go to senior living apartments that are not HUD owned and help residents with their 2EC forms. If you live in a senior apartment complex, check to see if an event date has been scheduled.

While at your appointment or an event, be sure to ask us for a free *Benefits CheckUp* to find and apply for other programs that can help you with household and living expenses.

Senior Center Phone Numbers

Kalispell Senior Center	257-1598
Whitefish Community Center	862-4923
North Valley Senior Center	892-4087
Bigfork Community Center	837-4157
Lakeside Gathering Place	605-877-2425
AOA Dining Room	758-5711

Crock Pot Cooking Demonstration

*The Summit presents
"Healthy Eating"*



A member of the Healthy Living Team from The Summit Medical Fitness Center will offer a Crock Pot cooking demonstration in our Dining Room at 2:00 p.m. on Wednesday, February 7th.

Crock pot cooking is a convenient and handy way to prepare your meal ahead of time with less fuss. Come learn new tips and methods for using your crock pot to make healthy and delicious meals. The demonstration includes a tasting so you can try out the recipes for yourself.

Reservations are not necessary, but if you want more information please call our main number.



Contact us to find benefits you deserve!

- Simple steps— answer a few questions
- Secure and protected
- Tailored to your individual needs

You gave, now save!



Reading and Understanding your Medicare Summary Notice (MSN)

Do you read your MSN? Do you understand what the info on your MSN is telling you?

Here are some key points you need to know about your MSN.

- You will receive a MSN every 3 months if you have filed a claim during that time period.
- This is just a summary of medical services you have received.
- It is **NOT** a bill for services. There are dollar amounts listed on the MSN but that doesn't mean those are the amounts you will owe.
- It's very important that you read the MSN and look for possible mistakes.

If you would like more info on how to read and understand your MSN contact our Medicare counselor, Lydia Hadley, at 758-5730 for assistance.

Are You New to Medicare?

We offer **Medicare 101** classes the fourth Tuesday of each month. Call 758-5730 for more information. The class explains the different parts of Medicare insurance and more!

Visit the Dining Room for Lunch Monday-Friday 11:45 am-1:15 pm

If you are near the South Campus during lunch time, plan to stop in and have a delicious meal. Our Nutrition Team serves a hot meal that includes an entrée, sides, bread and dessert. In addition, we offer a Sandwich or Wrap and Salad of the Week. Made to order salads or sandwiches are available for an extra charge.



Lunch prices are a suggested donation of \$4.00 for people 60 years and older; those under the age of 60 must pay \$6.00. Made to order options are \$6.00 for everyone. Coffee, tea and soda are available for \$1.00.

If you miss lunch, you may want to be on the lookout for Jordan's convenient mobile food cart which makes the rounds in the South Campus and Earl Bennett buildings in the morning and afternoon.

All proceeds from the food sales go to fund the Meals on Wheels Program. Your support is greatly appreciated!



Public Bus Service

Kalispell
M-F, 7 am-7 pm
limited service
Whitefish, Columbia Falls, City-to-City Commuter

758-5728
flathead.mt.gov/eagle