



Flathead County Agency on Aging

NEWSLETTER

August 2018 tel. 406-758-5730 web: www.flathead.mt.gov/aging

Life is an Adventure to Explore and Experience

We hope you're taking advantage of the sunshine and warm temperatures to get out and explore. Summertime in the Flathead is full of activities, events and opportunities to enjoy the beautiful landscape and friendly people in our communities.

How many of us have lived here for years, yet haven't visited Glacier National Park recently? Maybe the traffic in the park is too much, or the effort to find a parking space a frustration. Avoid the hassle and take Eagle Transit's summer bus to the Park, available seven days a week with stops in Kalispell, Whitefish, Columbia Falls and Hungry Horse. The fare is \$5 per person round trip. Passengers must also pay the park entrance fee; annual and lifetime passes accepted. Spend a half or full day in the Park. Hike, picnic, sightsee and explore! The bus runs through Labor Day Weekend barring any road closures for fire. For more information, call Eagle Transit at 758-5728.

If you're in Kalispell, why not stop at the South Campus dining room and enjoy lunch on the patio? Café tables with umbrellas offer just the right amount of shade while you dine. Bring a friend or come make new ones! Lunch is served Monday-Friday, 11:45 am-1:00 pm. The cost is \$4 for those over 60 years and \$6 for others.

If you aren't sure where to start on your summer adventure, contact one of the area senior or community centers for information about exercise, art and dance classes, card games, local trips, and more.

A journey can be a trip around the world, or simply a walk down the block. Take a step outside and experience all our Valley has to offer.

Make a Connection on Eagle Transit's New Bus Routes

Changes to the Eagle Transit bus routes went into effect on July 1st, featuring a redesigned, more user-friendly Kalispell city route. The bus runs in a "figure 8" loop "uptown" to Hutton Ranch and "downtown" past Rosauers with a transfer stop at Gateway Community Center enabling most passengers to get where they're going in 30 minutes or less.

Other changes include commuter and premium Dial-A-Ride service in Evergreen and a new Tri-City Commuter connecting Kalispell, Whitefish and Columbia Falls.

The Kalispell city bus service runs Monday-Friday from 7:00 am to 6:00 pm. Other routes vary in terms of days and hours of operation. Check out new maps and schedules at flathead.mt.gov/eagle or pick them up at the AOA office.

For more information, call Eagle Transit at 758-5728.

We're Here for You!

The Agency on Aging supports people age 60 and older to lead independent, meaningful and dignified lives. We offer assistance to access benefits and services, help with Medicare, in-home care and respite for caregivers, social dining, Meals on Wheels, and volunteer opportunities.

Call 758-5730
To schedule an appointment.





Veteran-Directed Home & Community Based Services

Helping veterans remain independent in their homes

The Veteran-Directed Home and Community Based Services Program is funded by the Veteran Affairs (VA) Department to help veterans remain independent in their homes by supporting them to hire Personal Care Attendants (PCAs).

The VA Medical Center determines eligibility and a “level of need” on which to base the veteran’s monthly budget for services. Then an Agency on Aging Service Coordinator conducts an in-home assessment and works with the veteran to set up a self-directed plan of care based on the monthly budget. The veteran or their representative recruits, employs, trains, schedules and supervises PCAs to help the veteran with daily care. Veterans can choose to hire family members or friends as PCAs or recruit from the community.

For more information on the program call 758-5730.



Attention Medicare Beneficiaries:

Are you having difficulty paying for basic necessities like food, utilities, and medicine? If so you may be eligible for benefits to help you live independently, stay healthy and reduce living expenses.

We offer a free screening to see which programs might be right for you. We'll also help you fill out applications and will follow-up to make sure you are receiving the services you need.

You Gave Now Save.

Call 758-5730 today and ask for a Benefits Check Up!

You can “eat better on a budget” if you use your SNAP (Supplemental Nutrition Assistance Program) at the Farmers Markets. When visiting a participating Double SNAP Site, swipe your EBT card to double your dollars to pay for SNAP-eligible fruits and vegetables. To learn if you’re eligible for SNAP benefits, contact us.



Columbia Falls Community Market, 830 1st Ave W

Thursdays, 5:00-7:30 pm

Kalispell Farmers Market, FVCC, 777 Grandview Dr

Saturdays, 9:00 am-12:30 pm

Whitefish Farmers Market, North end of Central Ave

Tuesdays, 5:00-7:30 pm

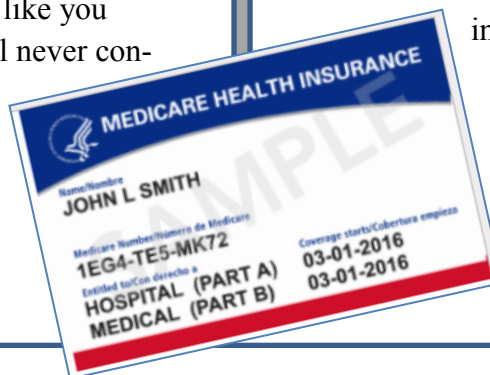
New Medicare Cards Coming Soon

Be on the lookout for your new Medicare card to arrive in the mail. The new cards will no longer include your social security number. They will show your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started. Your Medicare coverage and benefits will not change.

When you receive your new Medicare card start using it right away and destroy the old one to protect your social security number. Your doctors and other health care providers will be ready to accept your new card. If you have a Medicare Advantage Plan card, continue to use it whenever you need care.

Only give your Medicare number to doctors, pharmacists, other health care providers, your insurer, or people you trust to work with Medicare on your behalf. You should protect your new number just like you would a credit card number. Medicare will never contact you uninvited to ask you for personal information.

Reference: Seema Verma, Administrator of the Centers for Medicare and Medicaid Services, May 17, 2018



Medicare 101 Class

Tuesdays

Aug 28th, Sept 25th

1:00-3:00 pm

40 11th St W, Kalispell

2nd Floor Conference Room

Are you new to Medicare or have questions about your health insurance plan? Plan to attend one of our monthly classes. Representatives from Agency on Aging will guide you through Medicare basics so you can make the right decisions for your health insurance needs.

The fee for the class is \$10 per person which includes take-home materials.

Please call 758-5730 for more information.

Upcoming Events

Planetree Festival, Wednesday, September 12th, 3:00-8:00 pm

Presented by North Valley Hospital, 1600 Hospital Way, Whitefish

Walk to End Alzheimer's, Sunday September 23, 1:00 pm, FV Comm College

Start a team, sponsor or volunteer. Contact: alz.org/walk or 800-272-3900

50th Annual Governor's Conference on Aging, September 25-27 in Helena

For more information and to register, go to the conference website at //dphhs.mt.gov. All centenarians in Montana should submit their information to receive a recognition proclamation from Gov. Steve Bullock. For scholarship information, contact Christine Neater, Agency on Aging, at 758-2471.

Medicare Open Enrollment

October 15-December 7

Medicare health and drug plans can change from year to year. Plan to review 2019 plans to make sure your plan still meets your needs for the coming year. We are here to help.

Call 758-5730 for more information.

Older Americans Picnic Brings Friends Together

The Agency on Aging hosted nearly 500 people from all across the county at the 40th annual Older Americans Picnic on Friday, June 15th at the Fairgrounds. In the tradition of fun and friendship, this year's theme was "Getting Together with Friends, A Salute to Senior Centers." Red, white and blue decorations complete with table-sized flags set the stage for the event which showcased the exciting activities offered by the area senior centers in Kalispell, Whitefish, Columbia Falls, Bigfork and Lakeside.

The picnic opened with the posting of the colors by the Flathead Composite Squadron Civil Air Patrol Cadets followed by the Pledge of Allegiance. During lunch background music was provided by David Webb, Dakota WingSong Flutes, representing the Lakeside Gathering Place. After the meal, Chad Campbell read a letter from Senator Tester then representatives from each senior center spoke about their programs and activities and encouraged participants to visit their information tables to find out how to get involved. Door prize drawings wrapped up the day's activities with the winners taking home an afghan, flower basket, and gift certificates.

On behalf of those we serve, we want to thank the wonderful local businesses whose sponsorship made the picnic possible. We also wish to express our appreciation to Mark Campbell and the Flathead County Fairgrounds staff for their support and use of the Expo building.



Thank you to our sponsors and other contributors including:



SILVER LEVEL SPONSORS



BRONZE LEVEL SPONSORS



★ VOLUNTEERS NEEDED ★

Meals on Wheels Needs You!

Volunteer drivers are urgently needed for the Meals on Wheels program in the Kalispell delivery areas. This is your chance to get involved and make a difference in your community. Dining room servers are also needed. As a volunteer you will receive a complimentary meal, mileage reimbursement for your meal delivery route, and smiles from the people you serve.

If interested, talk to Ginny at the front desk, or call 758-5711.



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