

# Flathead County Agency on Aging

# September Newsletter

2016

40 11<sup>th</sup> Street W, Kalispell Tel. 758-5730

## *New Meal Times in Dining Room*

The times for lunch service in the AOA Dining Room have expanded to help accommodate an additional number of people who are participating in delicious lunch time fare. Meal service begins at 11:45 a.m. and continues until 1:15 p.m. Monday-Friday.

Those of you who regularly participate in social dining have probably noticed an increase in the number of people who are having lunch. We are excited to offer lunch service without reservations, but want to let new folks know about a couple of things that will help us ensure that the food service line flows smoothly and that we have enough food prepared.

If you are new to the dining room, it is helpful to come a little early in order to fill out a registration card. The cards allow us to accurately report the number of meals we serve and it is only necessary to fill out once a year. For groups of five or more, it is strongly encouraged for you to call Carol at 758-5711 on the day before you plan to dine. That will help with providing your party with adequate table seating and helps us plan for number of guests.

We look forward to welcoming new folks to the new dining room. If it's your first visit, let us know and we will answer any questions that you may have.

## *Kalispell Senior Center Moves In*

*Now located in their new location, 40 11<sup>th</sup> Street West*

There is energy and excitement in the air at the new site of the Kalispell Senior Center. The exercise classes are taking place at the normally scheduled times but in the new *Activity Room* of the South Campus. Card players have reserved space in the Dining Room for specific days and the space will also see action with upcoming Bingo sessions. Many who participated in social dining at the old senior center have already become regulars in the new dining room during lunch.

Social opportunities as well as classes and fitness activities are happening with more things to come. If you are looking for something to do, then check out the Kalispell Senior Center. For more information, call 257-1598.



**Medicare Open Enrollment: Oct 15-Dec 7**  
Your annual opportunity to make changes to your Medicare Advantage or prescription drug coverage.

## *New to Medicare—Questions and Answers*

If you are close to age 65, chances are your mailbox is full of an overwhelming amount of advertisements, letters, and notices about Medicare. They are cunningly written and difficult to understand—many wanting to sell you insurance to supplement Medicare. When your Medicare card arrives in the mail it looks like junk mail and can be unwittingly thrown away.

You need to enroll in Medicare three months before, the month of, or three months after your 65<sup>th</sup> birthday. There are three ways to apply: on line at [www.ssa.gov/medicare](http://www.ssa.gov/medicare); call 1-800-772-1213; or visit your local Social Security office.

You need to look at your options as some of you are still working and covered by your employer's plan or your spouse's employer plan. If you do not sign up for Medicare or have other insurance deemed creditable to Medicare you could face penalties that last a lifetime.

If you are currently receiving social security or Railroad Retirement benefits, you will automatically be enrolled in Medicare and will receive the Medicare in the mail along with a small booklet describing your benefits.

For more information on Medicare, please contact a Senior Health Insurance Program (SHIP) counselor at the Agency on Aging, 758-5730.

—article by Ruth Pomeroy, Volunteer SMP/SHIP Counselor



## *Community Shred Event & Veterans' Food Drive*

*Sponsored by: AARP, Agency on Aging & United Way*

*Saturday, September 10, 2016*

Bring a donation for the Veterans' Food Pantry and have your confidential documents shredded for FREE! The event takes place at the Gateway Community Center parking lot, 1203 Hwy 2 West, in Kalispell from 10:00 a.m. to 2:00 p.m.

Volunteers from the Retired and Senior Volunteer Program are needed to assist people with unloading document boxes and receiving food items. Contact Leslie Potter at 758-5712 if you are able to help.

The United Way is also conducting a Share Fair that day as well in the Community Center main halls. After you get your documents shredded, you can check out the many organizations that will have information available about programs, services, and demonstrations. A free lunch is served from 11:00 a.m. to 2:00 p.m. Call the United Way at 752-7266 for more information about the Share Fair.

## **OPEN HOUSE**

Agency on Aging & Kalispell Senior Center  
40 11<sup>th</sup> Street, Kalispell

**Wed–Thu–Fri**

**October 12–13–14**

**Activities**

**Tours**

**Demonstrations**

**Information**

**Refreshments**

**Much more!**

