



Area IX—Flathead County

Agency on Aging

NEWSLETTER

December 2016

40 11th Street West, Kalispell

Be Vigilant and Avoid Scams

Scams target older adults of all ages

There are multiple methods and schemes taking place in our world today that target people and steal their identity, money, and peace of mind. Older adults are especially targeted because they tend to be more trusting, can be isolated, and often times depend on others. It is vital to be aware of the risk from strangers who seek to establish a relationship and solicitors who use crafty ways to get access to bank accounts, social security numbers, and other personal information.

Misuse of Medicare dollars is one of the largest scams that affect seniors. Protect your Medicare number and only give it to those who provide you with medical services. Carefully review your Medicare statements to ensure that all of the charges billed to your account are valid and have been received. Keep accurate records of all health care appointments. Do not do business with door-to-door or telephone salespeople trying to sell you something, claiming that Medicare will pay for it.

Report suspicious activities to our Senior Medicare Patrol or 1-800-MEDICARE

Staff at Agency on Aging can provide you with more information about protecting your identity and avoiding fraud, as well as some tools to help you keep track of your medical records. Please call our office if you have questions.

Information from the National Council on Aging website, Savvy Saving Seniors®

Public Transit Planning Meeting

County residents invited to provide input

The annual planning meeting for Flathead County's public transit services is scheduled for Thursday, December 15th. The meeting will be held from 4:00-6:00 pm on the second floor in the large conference room in the South Campus building, 40 11th Street West in Kalispell.

Personnel from Eagle Transit will conduct the meeting. Members of the Transportation Advisory Council will also be present. This is a great opportunity for our county's residents to find out information about the current services, as well as provide input and suggestions for the future of public transit services for Flathead County.

For additional information or questions, please call 758-2427.



Eagle Transit provides general public and paratransit services within Flathead County. All vehicles are ADA accessible and equipped with lifts. Most fares are \$1.00 each way.



Phone: 406-758-5730

Fax: 406-758-5732

Web: flathead.mt.gov/aging



*Serving older adults
and people with disabilities in Flathead County.*



Pictured: Pat McClarty, Sherrilynn Haegele, and Nola Rice, members of the Retired and Senior Volunteer Program

Volunteers Help Community with Winter Ready Program

It takes many hands and generous hearts to successfully pull off a program that supplies warm clothing and blankets to hundreds of people across Flathead County.

Yarn and other materials are donated for the handmade items. Volunteers use knitting, crocheting, and quilting skills throughout the year and donate the items to RSVP. It is at this time of year that other volunteers organize the items for distribution and make sure that they are sent to over 13 Flathead organizations and 17 schools.

For information about the Winter Ready program, please call 758-5712.

Quilts that have been lovingly pieced together are sent to places like Samaritan House, the Abbie Shelter, CASA and Heart Locker.

Generous contributions of time, talent and materials make this Winter Ready Program a big success! Thanks, volunteers!



Be Prepared for Winter Weather

Ready.gov Montana provides info for readiness

The winter months have arrived and it is essential that people be ready for colder weather, possible travel limitations and even loss of your regular fuel sources.

Before a winter storm hits, you should already have in place emergency food and water supplies, and alternative fuel sources, and flashlights, including batteries. Plan to have enough supplies on hand so that you can avoid driving. If you must drive, be alert to changing weather conditions. Equip your vehicle with an emergency supply kit including: sand for traction, a shovel, extra clothes and/or blankets, water, and non-perishable food, flashlight, matches and candles.

If there is a storm, stay indoors and avoid driving. Should you lose power, wear layered clothing to stay warm and close off unused rooms to conserve heat. Be mindful of your pets and bring them inside. Never use generators or outside cooking equipment indoors. And, never heat your home with a stove. Limit your time outdoors and if you go out, dress warmly.

After a winter storm, driving conditions will still be dangerous so only drive if necessary. Continue to protect yourself with several layers of clothing when you go outside and stay dry in order to avoid frostbite and hypothermia. If removing snow from the sidewalks and driveway, make sure to rest often so that you don't overexert yourself.

For more information on how to adequately prepare for the winter months, visit the website at www.ready.gov/montana.

