



Flathead County Agency on Aging

NEWSLETTER

Summer 2021



tel. 406-758-5730

web: www.flathead.mt.gov/aging

Join the Conversation on our
New Facebook Page



@FlatheadAgencyOnAging

Share Your Story!

- Tell us about an older adult who inspires you, and why.
- As an older adult, which piece of wisdom do you live by?
- Share a story of how an older adult has strengthened your community!

Living on a fixed income? Call our office to find out if you can save money on health care, prescription, and household expenses. Our Resource Specialists can help you apply for benefits through the Medicare Savings Program, Extra Help and Supplemental Nutrition Assistance Program. Applications can be completed over the phone or in-person. Call 758-5730 to find out more information.



Turning 65?

Welcome to Medicare Free Virtual Fair!

June 23, 2021, 1:00-5:00 pm

This is for people turning 65 or joining Medicare because of a disability. Includes national expert presenters for unbiased education on Medicare eligibility, enrollment, and coverage options.

Two ways to attend the fair:

- Participate at home by registering at www.shiphelp.org
- OR**
- Join our health insurance counselors in-person at the Agency on Aging, 40 11th St. W, Kalispell.

Call 758-5730 to sign up, OR sign up on our Facebook page @FlatheadAgencyOnAging in Events and by selecting "Going."



The Montana State Health Insurance Assistance Program (SHIP) is available at the Area Agencies on Aging and can be reached by calling 1-800-551-3191.



Caregiver Corner

Caregiving is Rewarding but Stressful

Providing care to a loved one in need has its rewards, but also can cause the caregiver to become angry, frustrated, exhausted or sad. Caregiver stress is common. This stress over a long period of time can lead to your own health problems. Agency on Aging wants to help caregivers find resources and tools that relieve stress and provide connections.

There are support groups available to help caregivers come together and give each other encouragement and understanding.

Alzheimer's Caregiver Support Group

Immanuel Lutheran Communities
3rd Monday of the Month

Buffalo Hill Terrace, 40 Claremont St, Kalispell

In person meetings resumed in May. These meetings provide support for those who care for or about someone experiencing Alzheimer's disease, dementia, or any related disorder that affects memory, reason and judgment.

Call 858-0653 for more information.

Flathead Valley Parkinson's Care Partner Support Group – Meets Virtually

4th Wednesday of the month at 1:30 pm

For more information, contact Lynn Woods at 406-420-2321 or lynwoods@gmail.com.

alzheimer's  association®

24/7 Helpline (800) 272-3900

The Alzheimer's Association Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Our Volunteers Strengthen Communities!

The week of April 18-24 was National Volunteer Week. We recognized the contributions of our volunteers which help make Flathead communities stronger and more resilient. Their generous efforts help support our programs and foster relationships.

They have stood strong with us through the pandemic to meet the needs of our families, friends and neighbors. We are grateful and honored to have them on our team!



Volunteers pictured:

- Karen Rogers
- Rick Stanford

