



Flathead County
agency on aging

No one understands aging like we do!

Call 406-758-5730



What's Happening in August 2024

Free Elder Justice Educational Sessions August 8th



For Older Adults 10:30 am
"Recognizing Your Rights and Protecting Yourself"

Service Providers 1:00 pm
"Common Elder Concerns, Applicable Laws, & Who Can Help"

The Flathead County Agency on Aging in partnership with the Montana Legal Services Association is offering free Elder Justice educational sessions on Thursday, August 8th.

The presenter is Barbara Harris, Elder Rights Project Attorney, from the Montana Legal Services Association. Barbara has over 35 years of experience as an attorney.

The morning session includes a presentation about knowing your rights, protecting yourself and who can help. The afternoon session is geared towards service providers who assist and advocate for older adults.

Sessions take place in the South Campus Building, second floor conference room, 40 11th Street West in Kalispell.

Please register by August 2nd by calling 406-758-5730.



Medicare

Job-based insurance when you turn 65: Some things to consider



Navigating Medicare

Medicare 101 Class
Tuesday, August 20, 2024
1:00-3:00 pm
South Campus Conference Room
40 11th Street West, Kalispell

Job-based insurance allows you to delay Medicare Part B enrollment, but you may want to enroll in Medicare when eligible depending on whether your job-based insurance is considered primary or secondary. In most cases, you should only delay Part B if your job-based insurance is considered primary and Medicare is secondary.

For companies with twenty or more employees, Medicare is considered secondary and some people choose not to sign up in order to save the Part B premium amount. If your company has less than 20 employees, Medicare is primary and your job-based insurance may provide little or no coverage. In this case, you should enroll in Part B to avoid those high costs of care.

For more information, visit

<https://www.medicareinteractive.org/get-answers/coordinating-medicare-with-other-types-of-insurance/job-based-insurance-and-medicare/job-based-insurance-when-you-turn-65> or call (406) 758-5730 and ask for a SHIP Counselor.

Caregiver Corner: How to be the best caregiver you can be



The most important step for you to take is to take care of yourself because you can't give support unless you are strong and healthy.

Many of us serve as caregivers at some point in our lives for someone dealing with a serious illness or chronic health problem. If you're wondering how you can be prepared to help or show someone you care, there are some helpful tips to provide the best care possible. Probably one of the most important is to provide repeated encouragement for realistic achievements like walking to the bathroom, then provide repetition to reinforce the idea. When someone is going through treatment, like chemotherapy, sometimes the best support can be to sit and talk to them to help take their mind off the experience. It's also a good idea to check in often and educate yourself about their condition so you can understand what side effects or limitations they might face. There are many more suggestions for becoming the best caregiver you can be at

<https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20BestCaregiverJune19.pdf>. For more information or to get a copy of the **Tip Sheet**, please call (406) 758-5730.



Nursing Students help out with the Meals on Wheels preparation--July 18, 2024

Nursing and Medical Students from Flathead Valley Community College receive training and contribute service to the Meals on Wheels program as part of their degree requirements. The students learn about what the Agency on Aging offers to older adults and how the Meals on Wheels program is a vital service supporting those most vulnerable. They learn about the food preparation techniques, nutrition/dietary guidelines, and how to prepare meals for a large distribution. They also spend time with the Kalispell Senior Center with various activities.

Coming Soon: Sign up opportunities for the Alzheimer's & Dementia Workshop

The workshop is scheduled for **Friday, September 27**, from 10 am-3 pm at Logan Health Medical Center. Workshop topics include: Diagnosis, the Empowered Caregiver, Driving and Dementia and Self Care. More details coming soon. For more information please call (406) 758-2471.

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

Flathead Valley
Saturday, September 28th

Register Now!

www.alz.org/montana



Please consider signing up for the *Walk to End Alzheimer's* scheduled for Saturday, September 28th. This is a fundraiser to help fight the disease. The walk will take place at a new location this year (in Lawrence Park). Registration opens up at 10:00 a.m. and opening ceremonies begin at 11:00 a.m.

You can join a team that is already established or create your own. During the walk you can carry a flower. A blue flower represents that you are living with Alzheimer's. The color yellow means you are supporting or caring for someone who has the disease. Orange means you support the cause and purple means you've lost someone to the disease.

40 11th Street West, Kalispell, MT 59901

(406) 758-5730