



Flathead County
agency on aging

No one understands aging like we do!

Call 406-758-5730



What's Happening in April 2024

THANK YOU VOLUNTEERS



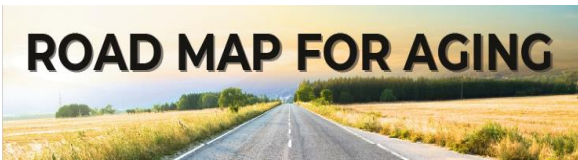
We couldn't do it without you!



April is **National Volunteer Appreciation Month**, and we recognize the contributions of those many volunteers who play such a vital role to the Meals on Wheels and Agency on Aging programs. We appreciate their dedication and contributions toward making our community stronger. Their selfless service and generous spirit greatly enhance our mission of helping older adults live well at every age.

To our nearly 300 volunteers, we can't thank you enough. The feedback we receive about you from our clients shows just how much you mean to them as well.

ROAD MAP FOR AGING



Introductory Session featuring Jennifer Crowley, Certified Life Care Planner

**RSVP (406) 758-2471
for April 9th or 10th Session**

Refreshments provided

Brought to you by:  

Planning for the future isn't something you want to avoid or postpone – you don't want to wait until you're no longer able to take these important first steps.

Our Road Map for Aging sessions are a great start to learning how to plan for your journey through aging. We invite you to call and reserve your seat at one of the two sessions offered in April. It's a rare opportunity to hear from a Certified Life Care Planner who will help you start on a path for advance planning to avoid crisis decision-making. Please join us. Refreshments are provided.

April 9th, 5:30-6:30 pm or April 10th, 12:00-1:00 pm
South Campus Conference Room, 40 11th St W, Kalispell



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

The next **Medicare 101 Class** is
Tuesday, April 23, 1-3 pm.
Call 758-5730 to sign up.

Navigating Medicare can be complicated, but SHIP can help! **State Health Insurance Program Counselors** are available by appointment to provide unbiased, one-on-one counseling and assistance. Whether you are enrolling into Medicare for the first time, reviewing plan options, or troubleshooting a problem, you can contact our office for help. A good way to get a complete overview of the Medicare program is to attend one of our Medicare 101 classes. For more information, please call (406) 758-5730.

Caregiver Corner



The MSU Extension **Mobile Memory Café** program kicks off this month, bringing social engagement and dementia awareness to communities across Montana. Social engagement for people with dementia is important for “living well with Dementia”. The Mobile Memory Café serves this purpose by offering resources covering topics like prevention, brain health, nutrition, sleep, social activity and physical health.

Developed by MSU Assistant Professor and Gerontology Specialist, Dr. Daniel Koltz, the Living Well with Dementia and Mobile Memory Café is supported by sponsors including the Montana Geriatric Education Center, County and Statewide Area Agencies on Aging, and the Alzheimer’s Association of Montana Chapter. For more information about the program, please call 406-994-4351 or daniel.koltz@montana.edu.

Mobile Memory Café in Kalispell
 Thursdays,
April 4th, May 2nd, & June 6th
 Parked next to Library on 1st Ave

Shred Event

Avoid Identity Theft & Prevent Fraud



Free Shredding of Important Paperwork

The NW MT Veteran’s Food Pantry is hosting the annual **Shred Event** on Saturday, April 20th from 9-11 am and 1-3 pm. Community members are invited to bring donations of food or cash for our local veterans and you can get up to four boxes of paperwork shredded. The Shred Truck will be at the Food Pantry located at 1349 US Hwy 2 E in Kalispell. The first 100 people will get Swag Bags with info and give aways from the participating community partners.



Protect yourself and loved ones from Medicare fraud



Preventing Medicare Fraud

What Can You Do to Stop DME Fraud?

Medicare fraud is rampant in today’s world and the **Senior Medicare Patrol** encourages beneficiaries to remain vigilant and do your part to help shut down fraudsters. One of the scams prevalent nation-wide is Durable Medical Equipment (DME) fraud. Fraud occurs when equipment not medically necessary for you is charged to Medicare on your behalf. *What can you do to stop DME fraud?* Be sure your doctor has assessed your condition and orders the DME equipment or supplies. Never sign a blank form from your health care provider. Always read your Medicare Summary Notice (or Explanation of Benefits) and look for charges for equipment you do not need or did not receive. Finally, refuse any equipment or supplies offered for “free” and report the offer to our local Senior Medicare Patrol at (406) 758-2471.