



## What's Happening in September 2023

**September** is known for back-to-school season, apple picking and leaves turning. The September calendar also includes several meaningful days to observe. We start out with Labor Day, when we honor the value of labor by putting it outside our thoughts to enjoy a three-day weekend. On September 11<sup>th</sup> or 9/11, we pause to remember the thousands of people who lost their lives in the terrorist attacks against the United States (*always remember, never forget*). September 11<sup>th</sup> is also Grandparents Day, a time to honor them that day (and every day!). September 17<sup>th</sup> is Constitution Day which celebrates the adoption of the U.S. Constitution, and the 23<sup>rd</sup> is the Autumnal Equinox, or first day of fall! Johnny Appleseed, an American pioneer who introduced apple trees to many areas is remembered on September 26<sup>th</sup>. In September, we say farewell to summer and look forward to the beautiful colors and smells of Autumn!



An **Advance Directives Workshop** is scheduled for Wednesday, September 13<sup>th</sup>, from 10:00-11:30 am in the County's South Campus Conference Room. This workshop is presented by members of Logan Health Palliative Care Team members and will include healthcare power of attorney paperwork. Please call 758-2471 to register.

## Alzheimer's & Dementia Free Workshop & Lunch

Day to Day Tools, Tips & Strategies

September 22<sup>nd</sup>, 9am-4pm

Attend any or all sessions as your schedule allows

This free **Workshop** – presented by the Alzheimer's Association - is open to anyone, including community members, service providers, first-responders, family, and professional caregivers. The agenda includes topics like understanding dementia behaviors, caregiver health and early-stage programs, and communication strategies. To view the agenda, visit our web page at [here](#), and to register, click on this [link](#), or call 406-758-2471.



The **Flathead Valley Walk to End Alzheimer's** is scheduled for Saturday, September 23<sup>rd</sup>. Registration begins at 10 am with opening ceremonies at 11 am. Location is Kalispell Center Mall, 20 N Main St. Join a team or start one of your own! To sign up, <https://act.alz.org>.



## Helping Veterans Remain Independent In Their Homes

The Veteran Directed Care Program empowers Veterans to hire and supervise care providers (including family members), to help with daily needs. Together, the Veteran and VDC Care Coordinator review program guidelines to develop a self-directed plan of care based on a monthly budget funded by the VA. The VDC program provides ongoing support to Veterans to manage their plan and meet their personal goals. Call Terri at (406) 758-2478 for more information.

## Welcome to Medicare



**The next Medicare 101 Class is  
September 26<sup>th</sup> from 1:00-3:00 pm**

Come to our seminar to learn the basics of Medicare and how to make insurance decisions based on your needs. We'll go over the basics and answer questions that you have about the Medicare program.



Call 406-758-5730 to  
reserve your seat.

## Coming Soon: Medicare Open Enrollment

Are you ready? It starts next month, October 15<sup>th</sup> and runs through December 7<sup>th</sup>. Medicare beneficiaries should always check whether their drugs will be covered next year and that their providers and pharmacies are in their plan's network. If you find out that there have been changes, you can call us for a drug plan review and help with enrolling in a better plan.

The changes you can make during open enrollment include joining a new Medicare Advantage Plan or Part D prescription plan. You can also switch from Original Medicare to Medicare Advantage or from Medicare Advantage to Original Medicare (with or without a Part D plan). To make an appointment for Open Enrollment, please call 758-5730.



It doesn't seem possible, but cold weather will be here soon. Could you use some help with your heating bills? There is assistance available through the LIHEAP (Low Income Home Energy Assistance Program). Agency on Aging staff can help you apply, so please call 758-5730 to make an appointment.

If you were approved for the 2022/23 heating season and have the same mailing address, you will automatically receive an application by mail. Otherwise, new applications are accepted starting Oct. 1st.

It's right around the corner!