



Flathead County  
**agency on aging**

*No one understands aging like we do!*

Call 406-758-5730



## What's Happening in May 2024



May is designated as **Older Americans Month** and this year's theme, *Powered by Connection*, promotes the vital role that connectedness plays in combatting isolation, loneliness, and other issues affecting older adults. Our focus this month is to highlight ideas and share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being. The South Campus Lobby will feature a display with information from the Agency on Aging and community partners that provide resources including education about caregiving, nutrition, health, and finances as well as engagement opportunities from area organizations. Our dining room is another source for engagement which offers social dining and a place for friends to meet for conversation over lunch. For more information, please call 758-5730.



**Mental Health Month** is a cornerstone for addressing the challenges millions of Americans face living with mental health conditions. The *National Alliance on Mental Illness* actively advocates for policies and offers educational opportunities to help eradicate stigma, extend support and foster public awareness. The theme for 2024 is Take the Moment and we encourage you to explore the resources available at:

<https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>.



The next **Medicare 101 Class** is  
Tuesday, May 28<sup>th</sup>, 1-3 pm.  
Call 758-5730 to sign up.

State Health Insurance Assistance Program (SHIP) Counselors are available to help with understanding Medicare and making informed choices for an individual's health coverage needs. There are many things to consider when signing up for Medicare and it is important to speak to someone who has accurate and up-to-date information. If you will soon be eligible for Medicare, please call our office to sign up for the Medicare 101 class or get questions answered at 758-5730.

**There are Three Ways to Apply for Medicare Parts A and B:**

Online: Visit Social Security's website at <https://www.ssa.gov/medicare/sign-up>. By phone at 1-800-772-1213. In person at your local Social Security office, 275 Corporate Dr, Kalispell.



Programs offered through Montana State University Extension: **Mobile Memory Café** promotes engagement in social activity and dementia awareness for those with early dementia and their care partners. Visit the MSU Camper, HERB, at Immanuel Living, 40 Claremont St, Kalispell on May 2<sup>nd</sup> and June 6th, 1:30-2:30 pm.

The **Caregiver Respite Food Program** promotes respite for caregivers when they need it most by making meal prep easier. Unpaid caregivers can receive prepared meal kits delivered by Hello Fresh or Blue Apron.

Please contact Daniel Holtz for more info at 406-613-8191.

## Protect yourself and loved ones from Medicare fraud



Preventing Medicare Fraud



Read your Medicare Summary Notices & call MT SMP if you notice anything out of the ordinary. 1-800-551-3191

Medicare enrollees are targeted through phone calls, internet ads, and text messages with offers of free services, gift cards, or medical equipment. The enticement is often “no cost” or “free” upon confirmation of the beneficiary’s personal information and eligibility for Medicare services. Once the scammers have your personal information, they can bill Medicare for medically unnecessary items such as urinary catheters and back braces. Medicare processes millions of claims per day so many of these fraudulent charges slip through and are paid, at no cost to the beneficiary, but adding up to billions dollars of fraud annually from the Medicare fund.

We encourage beneficiaries to remain vigilant and be suspicious of someone who offers free medical equipment in exchange for your Medicare number. **This is a scam** and do not give that person any information. If you feel that you have been the target or a victim of a scam or receive medical equipment you did not order, please report it to us at 758-2471.

## 3<sup>rd</sup> Annual Senior Fraud Summit



*My Glacier Village* is having their third annual **Senior Fraud Summit** on Saturday, May 18 from 10:00-11:30 am in the Arts and Technology Center at Flathead Valley Community College.

The event will focus on current scams targeting seniors, tips to prevent fraud, and what to do if you do become a victim. To register, please visit online:

<https://myglacier.helpfulvillage.com/events/1179> or call 406-871-3988.



“The legacy of brave men and women who have fought and died for their country is the freedom we enjoy as Americans.” Lucian Adams, Army-World War II

Our office will be closed for **Memorial Day** on Monday, May 27th. There will be no *Meals on Wheels* service that day. This day of remembrance was initially founded in 1868 in tribute to Union and Confederate soldiers who perished in the Civil War. Over the decades, it has come to represent all US service members lost in war. It is also common for friends and families to remember their loved ones with flowers, flags and mememtos place on gravesites.