



Flathead County  
**agency on aging**

*No one understands aging like we do!*

Call 406-758-5730



## What's Happening in March 2024

### March is National Nutrition Month

The month of March is a great time to learn about smart food choices and developing better eating habits. Registered dietician Caroline Garrison (Novant Health) states "Healthy eating doesn't always need to be expensive or, you know, such a barrier". Garrison sees firsthand what happens to the human body when it is not properly fed. Diabetes is one of the most common issues caused by poor nutrition, but it can also lead to cancer and heart disease.

Building or rebuilding healthy eating habits takes time, but the health benefits are worth it. And cooking at home is one way to make that more affordable. There are many tips for cooking at home including using a slow cooker to make delicious and economical meals. Visit the website, <https://sm.eatright.org/CookatHome> to find useful suggestions and ideas for cooking at home. Other tips include:

- Learn cooking, food preparation and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.
- Practice home food safety.

We need your help to  
**#SlamTheScam**  
on government  
imposters.

Learn how to spot scams,  
identify red flags, and  
report suspicious activity.

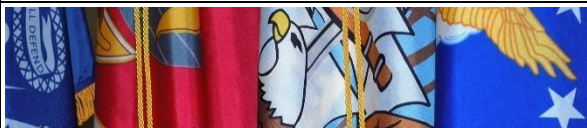


If you receive a suspicious call, hang up! Don't give out personal information. Report the scam at [oig.ssa.gov](https://oig.ssa.gov).



The Social Security's Office of the Inspector General designates Thursday, March 7, 2024, as national "Slam the Scam" Day.

This is part of **National Consumer Protection Week**, March 3-9, 2024. Government imposter scams continue to spread across the United States and this day aims to raise awareness of these occurrences. They need our help to *Slam the Scam* on government imposters by spotting scams, identifying red flags, and reporting suspicious activity. For more info, go to <https://www.ssa.gov/scam/> or call 758-2471.



Department of Public Health &  
Human Service

TAKE THE SURVEY

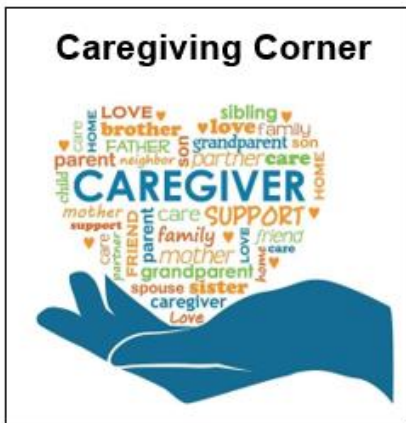
Montana Veterans are encouraged to take a 10-minute online survey to help shape Montana's Veterans long-term care services network. Take the survey to help determine what's needed for a system of support that honors your service and helps you live where you want, how you want, for as long as possible. Go to: <https://dphhs.mt.gov/veteransltc/index>.

### Falls Prevention Education

*Older adult falls are a growing  
problem that can be prevented!*

MSU Nursing Students from Logan Health are providing **Falls Prevention Education and Assessments** in the AOA Dining Room March 5<sup>th</sup> and 19<sup>th</sup> from 11am-1pm. Find out what **YOU** can do to prevent falls and how to protect your loved ones from falling. For more information, call 758-2471.

## Caregiving Corner



This month's Caregiver Corner focuses on the importance of planning for the future, both for yourself and the person you provide care for. It is important to talk to your parents about aging and planning the path for a comfortable journey.

## ROAD MAP FOR AGING

Join us on for one of these sessions featuring Jennifer Crowley, Certified Life Care Planner, to begin planning a road map to plan your aging journey, find resources to support aging in place and avoid crisis decision-making.

**April 9<sup>th</sup>, 5:30-6:30 pm or April 10<sup>th</sup>, 12:00-1:00 pm**

South Campus Conference Room, 40 11<sup>th</sup> St W, Kalispell

**RSVP to (406) 758-2471**

Refreshments provided.

Brought to you by:



The next **Medicare 101 Class** is Tuesday, March 26<sup>th</sup>, 1-3 pm.  
Call 758-5730 to sign up.

In Medicare news: March 31<sup>st</sup> is a "double deadline" for two opportunities that are available to Medicare beneficiaries: the **Medicare General Enrollment Period (GEP)** and the **Medicare Advantage Open Enrollment Period (MA-OEP)**. Individuals who wish to enroll in Medicare Part A and/or Part B can do so during the GEP if they are outside their initial or special enrollment periods. During the MA-OEP beneficiaries who have a Medicare Advantage plan can choose to drop their MA coverage and choose Medicare with a Part D plan or change to another MA plan. If you have questions, please call our office at 406-758-5730 and ask for a SHIP counselor.

## Retiree Workforce Brunch

This event is **FREE!** But pre-registration is required. Sign up by calling:  
**406-250-8784**

Retirees are invited to attend a brunch on Wednesday, March 20<sup>th</sup> at the First Presbyterian Church, 540 Main Street, Kalispell, from 10:00-11:30 am. You will learn how to re-engage in the workforce and hear directly from local employers who have rolled out the welcome mat to Retiree Workers. Coffee and pastries will be served.

The event is brought to you by a collaboration of community partners: Flathead Valley Community College, Kalispell Chamber of Commerce, Workforce Flathead, My Glacier Village, Kalispell Job Service, and Three Rivers Bank of Montana.



Go to the Kalispell Public Library on March 28, 2024 to learn about scams in Montana and how the Commissioner of Securities and Insurance can help protect you and your loved ones. Presentation is at 3:00 pm, 247 1<sup>st</sup> Ave E, in Kalispell.