



The Link



R I C H L A N D C O U N T Y C O M M I S S I O N O N A G I N G

SPECIAL POINTS OF INTEREST:

- Separating Arthritis myths from facts
- Senior Coalition funds available
- Phone clinics available to complete legal documents
- What you need to know about Medicare Wellness Benefits

INSIDE THIS ISSUE:

| | |
|---|---|
| Big Changes at Local Senior Centers | 2 |
| Cooking for Company: Meet Fairview's Cook | 2 |
| Arthritis Awareness: Fact or Fiction? | 3 |
| Senior Coalition: Answering Needs | 4 |
| 2nd Annual Color Race | 4 |
| Service Spotlight | 5 |
| Gov. Conference on Aging | 6 |
| Crestwood & RSVP Happenings | 7 |

A CENTURY TO CELEBRATE

Lambert resident Margaret Carranza will be honored at this year's Gov. Conference on Aging. Margaret turned 104 in January and continues to live life to the fullest.

Born into a family of 9 children in Leon Guanajuato, Mexico, Margaret came to the US in 1916 when disease and famine during the Mexican Revolution claimed the lives of 6 of her siblings. Margaret's family travelled with the railroad for a number of years until

they were recruited by Holly Sugar and came to Eastern MT.

One of Margaret's greatest triumphs was becoming a US Citizen in 1953. Since then, she has voted in every election and stays current with political issues. During WW2, she even worked for the US government as an interpreter working with the Mexican Nationals.

Margaret fought and beat cancer at the age of 93 and

now lives with her daughter, Juanita. She enjoys working around

the farm. In the summer you can find her raking the yard, chopping wood, or killing the occasional snake!

Congratulations, Margaret, on your elite status as a Montana Centenarian!



Margaret Carranza, 104

MEDICARE 101: LET'S SORT IT OUT

If you are getting ready to turn 65 it's a good bet that you've been inundated with material about Medicare, RX Plans and Supplements. If you're feeling overwhelmed, don't worry—you're not alone!

The Richland County Commission on Aging knows how hard it can be to learn about the

different parts of Medicare and keep all the important dates straight. To help you, we will be having a "Medicare 101" class. We will discuss:

- Medicare parts A, B, & D
- Deductibles and Co-pays
- Medicare Supplements

and MUCH more!

The event will be free of charge and held on **April 30th from 5:30-7:30pm at the Community Services Building.**

Soup & sandwiches will be served however there are a limited number of seats; please reserve your spot *before* April 27th by calling **433-3701**. All ages welcome!

BIG CHANGES AT AREA CENTERS

Two of Richland County's Senior Centers have a fresh look for spring. The Fox Lake Senior Center in Lambert and the Fairview Senior Center got a much needed makeover as their old carpeting was finally replaced.

While Fairview changed to tile flooring, the Fox Lake Center decided to keep their carpeted areas but updated their worn rug with a new



Fairview Senior Center

color.

The Fox Lake Center isn't finished yet. Aside from cosmetic changes, the Center is replacing its worn and



Fox Lake Senior Center

leaky roof and adding some extras to help attract more seniors.

This spring, the Center in Lambert plans to add a large screen TV, wi-fi, and a gaming system that will allow seniors to compete with each other while getting some fun exercise.

Seniors are encouraged to check out the changes and enjoy lunch at all of the Center's. The meal schedules are as follows.

Fairview: Mon & Wed @ 11:30am

Sidney: Mon & Fri @ 11:30am

Lambert: Tues @ 12:00pm

Savage: Thurs @ 12:00pm

COOKING FOR COMPANY

Fairview Senior Center Cook, Teresa Larson always has something cooking. If its not a savory meal for the Fairview Center then this full-time rancher is busy bargain hunting, working with her animals , gardening, or spending time with her 4 children and granddaughter. In addition to all this, she also drives a van for Richland County Transportation three days per week! Teresa is a favorite among the youth as well as the seniors that ride RCTS (feeding the youngsters candy never hurts!!).

Teresa says she inherited her mother's love for cooking at a young age and has a great fondness for our community's elderly. Cooking at the Center is a great way to bring two

of her greatest interests together. Teresa is continually looking for ways to brighten the senior's days.

Whether its planning a special Christmas or Valentine's party at the Center or bringing homemade jam to elderly bus passengers, Teresa's caring demeanor is inspiring to all who know her.



Fairview Cook, Teresa Larson, loves working with Seniors.

ARTHRITIS AWARENESS

Arthritis is a pretty common word but just because people hear about it doesn't mean they understand it. During Arthritis Awareness month this May, the Arthritis Foundation is debunking some of the most common myths associated with one of the most common conditions facing our elderly.

Myth #1: Arthritis is not a serious health problem.

Fact: Arthritis is the leading

cause of disability in the United States. It causes more activity limitations than heart disease, cancer or diabetes.

Myth #2: Arthritis is just minor aches and pains associated with getting older.

Fact: Arthritis is not just a disease of old age. 2/3 of the 50 million Americans with arthritis are under the age of 65, including 300,000 children.

Myth #3: People with arthritis should avoid exercising.

Fact: Exercise is one of your most valuable tools when fighting arthritis pain. According to the US Dept. of Health & Human Services there is strong evidence indicating that both endurance and resistance types of exercise provide considerable benefits for people with osteoarthritis and rheumatic conditions.



CLASSES TO HELP YOU TAKE CHARGE

“It helped with my pain and movement when walking. I would recommend it to anyone with Arthritis.”

Because of the strong correlation between exercise and arthritis pain relief, the Richland County Commission on Aging has teamed up with the Montana Arthritis Foundation to bring you two types of fun-filled and beneficial arthritis exercise classes. Not only do the classes help relieve stiffness but the weight loss associated with exercise can pro-

vide an added benefit. Every pound lost results in 4 pounds of pressure taken off each knee!

Past participants of the Arthritis Foundation Exercise Program (AFEP) and the Walk with Ease (WWE) classes presented by the Commission on Aging say they felt a difference almost immediately. Florence Linder of Sidney completed the latest class

of AFEP and plans to take it again when the next round begins.

“It helped a lot with my pain and movement when walking. I would recommend this class to anyone who has Arthritis pain.” says Linder.

If you'd like more information about upcoming AFEP and WWE classes or find out if they are right for you, please call the RCCOA at 433-3701.

SENIOR COALITION: ANSWERING NEEDS WITHIN THE COMMUNITY

Senior services never come in a “one size fits all” package. Even if someone has a desperate and legitimate need for a service, they may not qualify to receive it—even if they have extenuating circumstances.

The Richland County Senior Coalition was designed to address those gaps in service and have the flexibility to take individual situations into ac-

count. Recently, word has gotten out about the various grants the Coalition has been able to award and the community has stepped up to make sure the Coalition can keep making a difference to seniors.

Businesses and individuals have been generously donating and several memorials for loved ones have been made in recent months.

“Making a memorial donation for my loved one seemed to be the perfect way to honor their memory.”
-Anonymous Donor

These donations will enable the Coalition to continue providing grants and services like the following:

- Medication setups
- Shower chairs
- Handicap accessories

- Durable medical equipment
- Personal Services (Bathing, dressing, etc.)
- Lifeline services & fall detectors
- Emergency expenses related to medical issues
- One-time medication refills

If you’d like to know more about donating to the Coalition or receiving a grant, call 433-3701.

COLORFUL FUN

The Richland County Senior Coalition doesn’t rely solely on donations to keep funds flowing. They are in the middle of planning their biggest (and most fun!) fundraiser of the year. The 2nd Annual Color Race is set for Saturday June 27th and it will be an event to remember.

Last year, over 300 runners/walkers joined the cause and this year, the Coalition is hoping to double its numbers. To help them achieve that, they’ve made some exciting changes. This year, each color

station will be hosted by different sponsors who will compete against each other for the “Best Color Station Travelling Trophy”.

In addition, they are adding a “Party in the Park”; a family-oriented carnival style festival in Peterson Park. The “Party” will feature other area non-profit groups who can raise money for their organization by running games and selling concessions.

“We really want to make this a fun family event!” says Color

Wilkinson. The party will run from 8am to 2pm with the race starting at 10am on June 27th.



If you’d like more information about this year’s fundraiser or volunteer opportunities, or to sign your organization up for “Party in the Park” you can call Jodi Berry or Felicia Iversen at 433-3701.

Race Committee Member Kelly

SERVICE SPOTLIGHT: LEGAL SERVICES

As we age, most of us have thought at one time or another that we need to “get our affairs in order”. While we all know that’s good advice, many of us don’t know where to start. Luckily, the State of Montana’s Legal Developer Service in conjunction with the Richland County Commission on Aging is making this task a little easier.

Last fall the two agencies paired up to bring a Billings attorney to Sidney each month to work with Seniors on a

number of common documents. Unfortunately, our Montana weather forced the cancellation of several of the trips.

To accommodate the unpredictable roadways while still helping seniors in a timely manner, The Legal Developer Service and the COA began setting up phone clinics. The phone clinics ensure that seniors still get personalized service and have their documents prepared in a legal manner. The phone clinics can be

done in your home or at the COA office. If you’d like to set an appointment for your legal documents, the procedure looks like this:

1. Call RCCOA at **433-3701**
2. A legal services employee will call you to discuss which documents you want and what you will need to gather for them
3. A phone appointment will be set to create your documents

4. Your completed documents will be sent to the RCCOA Director; you will be notified of their arrival and asked to set a time to pick them up and have them notarized
5. You will be given instructions on where to file each document
6. Rest easy—you’re finished!!

PREVENTIVE SERVICES & WELLNESS BENEFITS

Knowing all the ins and outs of Medicare isn’t an easy task but it is a worthwhile one. One of the things that many people aren’t aware of is that Medicare now pays for an annual wellness visit and a personalized prevention plan. Every year* you will be able to work with your doctor to get an assessment of your health risks, update your medical his-

tory, develop a screening schedule for appropriate preventive services and get a list of your health risk factors along with treatment options. This benefit is important because it helps track your health needs as you get older and is free to Medicare beneficiaries. To take advantage of this benefit, make sure you specify that you are using your

“Wellness Visit” when you are making your appointment.

As always, when you go to your appointment, make sure you have a current list of all the prescription and over-the-counter medications you are taking.

*You can’t use a Wellness Visit the first year if you are using your “Welcome to Medicare” exam

“ MEALS ON WHEELS ” MYTHS: MAYBE THEY ARE RIGHT FOR YOU

Meals on Wheels is a great service to make sure our seniors are getting the nutrition they need. Often times, when visiting with people about the program, they don't think meals are right for them or that they won't qualify.

To receive Meals on Wheels, you **don't** need a note from your doctor; just a need for the service. If you are 60 or older, live in the city limits of Fairview or Sidney and have any of the following, Meals on Wheels

could be right for you.

- Live alone
- Lack of interest in cooking for you and/or your spouse
- Condition that makes it difficult to cook
- Difficulty grocery shopping
- A desire for more nutrition from your daily diet

Many people also worry about the cost of “Meals on Wheels” but there is no need. The

suggested donation for each meal is \$3.00 however service will never be discontinued due to an inability to pay.

Each month you will receive a statement showing the number of meals you received and the suggested donation for the month. If the suggested donation causes any financial difficulty, we ask that you only remit the amount that works for you. We realize that sometimes that may be nothing at all.

Meals on Wheels are available to be delivered Monday through Friday (excluding all Federal Holidays) between 11am and 12pm. You can choose to receive meals all five days or just on specific days of the week. Meals are tailored to individual needs to account for allergies and special diets.

To learn more or to signup call the Commission on Aging at **433-3701**.

G O V E R N O R ' S C O N F E R E N C E O N A G I N G

47TH Annual Governor's Conference on Aging and 34th Annual Montana Gerontology Society Present:

INSIGHTS INTO ALZHEIMER'S DISEASE; LIFESPAN RESPITE CARE AND OTHER AGING RESOURCES AND SUPPORTS

May 12, 13 and 14, 2015 at the Red Lion Colonial Hotel, Helena

This year, the Governor's Conference on Aging is partnering with the Montana Gerontology Society Conference (Montana Gerontology Society) to provide a greater opportunity for people to receive important information and education on issues impacting families and caregivers as Montana's population ages. This partnership brings together some national professionals in the field of Alzheimer's Disease and Lifespan Respite care as well as other prominent speakers covering numerous topics related to our aging society.

We will again recognize Montana's Centenarians at a special luncheon during the conference. In the meantime, if you are a centenarian or know of one and would like them to receive a Certificate of Recognition from the Governor for being 100 years of age or older in 2015, contact Jodi Berry at 433-3701.

If you are interested in attending the Governor's Conference the Commission on Aging may have funds available to assist you with travel expenses. Please contact Jodi Berry at 433-3701.

CRESTWOOD: LIVING AT ITS BEST

Take another look at Crestwood! This affordable independent living complex currently has spacious one-bedroom apartments for rent.

Crestwood offers a washer and dryer on each floor, an onsite Manager and Support Service Coordinator and a home-cooked meal Monday through Friday. Front door transportation is also available

to anywhere in town provided by Richland County Transportation.

At Crestwood, your rent is based on your income so you can afford to take advantage of everything Crestwood has to offer. For more information about Crestwood living call Brandi Sanders at 433-3721.

Volunteers Needed: If you're not ready to move to Crestwood but would still like to take part in the Crestwood Community, volunteer to share your passion with the tenants. Whether it be crafts, meditation, book reading, or anything else you find enjoyable, Kelly can help you find a way to share it; call 433-4681.

PUT SOME SPRING IN YOUR STEP WITH RSVP!

As we head into spring many local organizations are in need of volunteers. The Richland County Retired & Senior Volunteer Program (RSVP) can help match you with a meaningful volunteer opportunity that you can feel good about! RSVP prides itself on helping seniors find local non-profits that suit their interests and gives them a chance to make a difference in our community.

Some of the organizations that are currently seeking volunteers are:

- **Richland County Health Department**-filing, organizing, seasonal projects
- **Good Cents Store**- sorting donation items, cashiering, cleaning, organizing
- **Meals On Wheels**-delivering food to local seniors who need assistance with meal preparation

- **Commodities**-help organize and bag food for pickup and delivery
- **Chamber of Commerce**-assisting with community events
- **Richland County Library**-assisting with story time, helping with family night and other tasks
- **Boys & Girls Club**-helping with fundraising events, running classes for kids at the club, assisting Club staff
- **Red Cross**-help set up and take down blood drives, assist with registration, serving cookies and juice at drives
- **Sidney Health Center**- visiting residents and assisting at the Caring Corner gift shop

If any of these opportunities interest you or you would like to know more about RSVP you can contact **Rita** or **Greta** at 433-2207.



RSVP Volunteer Coordinator, Rita Jacobsen with longtime volunteer, Stan Lindblom

WE'RE ON THE WEB!
WWW.RICHLAND.ORG



**R I C H L A N D C O U N T Y
C O M M I S S I O N O N
A G I N G**

1201 W Holly St, Ste 1
Sidney, MT 59270

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E-mail: jberry@richland.org

Bringing Seniors and Services Together

T H A N K Y O U T O O U R V O L U N T E E R S !

We'd like to give a big THANK YOU to all who delivered Meals on Wheels over the past three months!

JANUARY-

THE ELKS: Dec. 29th - Jan. 9th

Elks invest in their communities through programs that help children grow up healthy and drug-free, by undertaking projects that address unmet needs, and by honoring the service and sacrifice of our veterans. The Elks delivered 216 meals.

THE LIONS CLUB: Jan. 12th- Jan.23rd

Our 46,000 clubs and 1.35 million members make us the world's largest service club organization. We're also one of the most effective. Our members do whatever is needed to help their local communities. The Lions delivered 220 meals.

KIWANIS: Jan. 26th-Feb. 6th

Kiwanis clubs help their communities in countless ways. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. Kiwanis delivered 220 meals.

FEBRUARY-

SIDNEY LUTHEREN BRETHERN: Feb. 9th- Feb. 13th

SLBC exists to "be a community of joy through saving the lost and maturing the saved" through the preaching of His Word, personal witnessing, fellowship and the Sacraments. SLBC delivered 70 meals

R.S.V.P.: Feb. 9th - Feb. 13th

Volunteers with RSVP serve a diverse range of non-profit organizations, public agencies, and faith-based groups. RSVP delivered 50 meals.

SIDNEY SUGARS: Feb. 16th-Feb. 20th

Sidney Sugars Incorporated offers a great work environment and places a great value on its employees.

Sidney Sugars delivered 110 meals.

EBENEZER CONGREGATIONAL:

Feb. 23rd-Feb. 27th Ebenezer Congregational Church is a place and a people of simple, honest worship whose members strive to lead lives that are glorifying to Him. Ebenezer Delivered 110 meals.

MARCH-

SIDNEY LUTHEREN BRETHERN: Mar. 2nd -13th. SLBC delivered 220 meals.

MSU EXTENSION OFFICE, AND RSVP VOLUNTEERS: Mar. 2nd-6th

All together they delivered 110 meals.

LAW ENFORCEMENT: Mar. 16th-20th

The association's goal is to promote better understanding and good will among the general public. RCLEA delivered 110 meals.

WOMEN OF THE MOOSE: Mar. 16th-20th

Moose is an international organization of men and women dedicated to caring for the young and old, bringing communities closer together and celebrating life. The Women of the Moose delivered 110 meals.

RICHLAND OPPORTUNITIES, INC.:

Mar. 23rd-27th

ROI has been providing support services to people with developmental disabilities since 1979 and continue to be a vital part of our community. ROI delivered 220 meals.