



The Link



Connecting You to Richland County

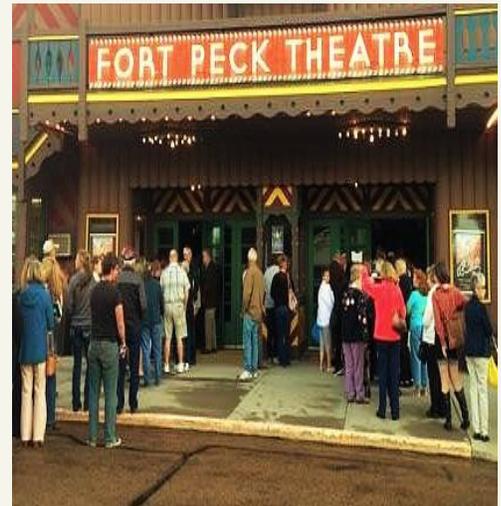
R I C H L A N D C O U N T Y C O M M I S S I O N O N A G I N G

S U M M E R E X C U R S I O N S

SPECIAL POINTS OF INTEREST:

- Tips for reducing your "Junk Mail"
- "Experience Works" is helping seniors get back into the workforce
- "Harvest for Seniors" is helping to feed Richland's seniors
- Stay safe this summer; tips to keep you cool

Richland County Transportation will be going to Fort Peck Theatre this summer. We will be going to the matinee on Sunday's, July 12th and August 30th. The show starts at 4pm, so we will be leaving at 1pm from Crestwood Inn. The cost for transportation to the show is \$15 round trip for each rider. **Please call our office at 406-433-7433** to reserve a spot on the bus. You are responsible for purchasing your own ticket for the show. You can call the Box Office at 406-526-9943 for more information on tickets.



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Sunday July 12

Sunday August 30

MEDICARE 101: WHAT YOU NEED TO KNOW

Medicare can be an overwhelming topic when you are first getting familiar with it. To help make sense of it, the Commission on Aging hosted a "Medicare 101" class at the end of April. More than 30 people attended

to learn the Medicare basics and find out how to avoid costly penalties that come along with simple mistakes. In addition, they also learned how to protect themselves and spot Medicare fraud. If you are

turning 65 soon, consider attending the next Medicare 101 class which will be held on October 8th at the Community Services Building. For more information or to sign up for the class, please call 433-3701.

SENIOR MEDICARE PATROL (SMP)



My mission as an SMP volunteer is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. Some examples of Fraud & Abuse are:

- Billing for services, supplies or equipment that were not provided
- Obtaining or giving a Medicare number for “free” services
- Claims for services that are not medically necessary

- Using another person’s Medicare number, or letting someone else use your number, to obtain medical care, supplies, or equipment

There are three steps that you can do to help prevent Medicare Fraud, Abuse, and Errors:

1. Protect– Your identity and personal information. Treat your Medicare Number like credit cards.
2. Detect– Medicare fraud & abuse by recording all doctor visits, tests and

procedures in your personal health care journal, then compare them to your MSN’s and EOB’s.

3. Report– Any suspected Medicare fraud & abuse to your local SMP volunteer. They can assist you with contacting the appropriate people.

This is a “free” and confidential service. If you have any questions about this service call:

Felicia Iversen (406) 433-3701

* JUNK MAIL *

Is your mail box stuffed full with unsolicited catalogs, special offers, sweepstakes entries, “pre-approved” credit card offers, and more?

Marketers get names and addresses from mail order companies, compile them from market survey forms or use the names of customers of “affiliated” businesses.

The more information you make available, the more likely you will be a target for junk mail, telemarketers, spam e-mail, and scams.

To reduce the availability of your information:

- Provide only the necessary information on incentive, rebate and warranty registration forms. Don’t answer the marketing questions or include your phone number or e-mail address.
- Be cautious about responding to “Surveys;” Some may be just a con artist’s way of stealing your identity.
- Never respond to e-mails or telephone calls asking you to provide or confirm personal or account information.

To remove your name from junk mail lists, contact the Privacy Rights Clearinghouse at:

www.privacyrights.org

To stop getting “pre-approved” credit card offers, remove your name from the mailing lists sold by the three main credit bureaus.

Call 1-888-5-OPTOUT (1-888-567-8688)

Or register at:

www.optoutprescreen.com

Doing this will not prevent you from getting a loan or credit card. Banks, credit card companies and other businesses collect and sell your personal information.

This personal information may include your address, phone number, account balance, Social Security number, annual income, overdraft history, etc. To stop these companies from selling your information to other businesses:

- Use the form included with the company’s privacy notice, or
- Call customer service and tell them you want to “opt out”

RSVP – BY JESSICA

Hello from the RSVP office!

We hope you all are having a beautiful spring and enjoying the flowers as they are starting to bloom. Our weather sure has been a toss-up... I don't know when to wear flip-flops or rain boots.

Well, we have had an exciting spring here at the RSVP program so far.

We celebrated our volunteers at the Community Conference by posting their names, the amount of hours they have donated and the dollar amount that their hours have saved our community and the programs they volunteered for. What an amazing amount of time our community volunteers give.

I would like to say Hello! I get the honor of working with all of our volunteers and community programs as the new RSVP program director.

Some of you may know me from my time as director at the Sidney Area Chamber of Commerce and Agriculture. I moved to Sidney one year ago from Helena with my two children, Jaden, 15, and Bobby, 12. We have joined the Gilbert family and are excited to set roots in Sidney.

Before my amazing experience working at the Chamber where I am still actively involved, I worked for the MT Disaster & Emergency Services office in Helena as the Homeland Security and FEMA grants coordinator. I bring an array of experience in federal and state grants management, volunteer management, and I am still currently a certified emergency manager. I am so very excited to start this new adventure with the Richland County Health

Department working with the RSVP program. I can honestly say that it gives me great pride to tell people about all of the dedicated volunteers we work with and how involved our community members are. We may be a boom town of sorts, but this town has not lost their small town values. People helping people and making things happen.

Thank you to all of you that I have already worked with and for making me feel so welcome, and I look forward to all of the new people I will get to meet.

Sincerely,
Jessica Davies
RSVP Program
Director, RCHD



COOKING FOR COMPANY

When it comes to good home cooking, Phyllis Cayer is in the running for one of the best! Phyllis began cooking at the Fox Lake Senior Center in 1987 and continued until she took time off to go to college in 1996. After retiring from teaching in 2011, she returned to the center and looks forward to seeing her group every Tuesday.

One of the reasons she signs on for this big job every year is because she loves cooking and has more fun cooking for her 20 seniors than for just her and her husband. Phyllis says the improvements in Lambert have made her job a little easier, specifically the addition of wi-fi; she loves to read about cooking and now her ipad can serve as a very broad cookbook!

When Phyllis isn't cooking, she enjoys substi-

tute teaching at the school. She also loves to sew although she doesn't get to do as much of it as she'd like.

Phyllis has been married (to the same man!) for 51 years. She has 3 grown sons, 4 grandsons, 3 "grand cats" and 2 "grand dogs"; Phyllis is the only female among the entire group so she looks forward to visiting with the Lambert Ladies every Tuesday.

With her great sense of humor and her excellent cooking skills, Phyllis makes the Fox Lake Senior Center a must-visit place for lunch! The Fox Lake Center serves lunch at noon every Tuesday and is open to all seniors.





SUMMER SAFETY

There are a number of reasons hot weather can be hard on seniors. Because of physical changes older adults can't tell if they are hot, even when it's hot outside. Older adults don't 'feel the heat' the way younger people do, and so might not be aware of the risks of high temperatures. Physiologically, as we age our bodies lose some natural ability to regulate temperature making seniors more susceptible to temperature changes in the environment. Heart disease, diabetes and other chronic diseases common in later life also increase risks of heat-related problems. So do some medicines prescribed for these and other health problems, and many over-the-counter drugs. Some of the medicines that may have these side effects are water pills, allergy and sinus pills, and nerve medications. One such change is that the layer of fat beneath the skin, which acts as a natural insulation to heat and cold, dwindles. Also because seniors perspire less, it's harder for them to keep cool which also increases their risk of becoming overheated.

Older adults are also less likely to feel thirsty, which means they're more likely to become dehydrated (a loss of too much water in your body).

Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications.

Severe dehydration can become life threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs. Symptoms of dehydration include thirst, dry skin, fatigue, confusion, light headed, dry mouth, increased heart and breathing rate and decreased urination. Seniors who are dehydrated should be moved to a cool place to lie down and rest. They should drink water to replenish fluids. The two most serious conditions for seniors that result from heat and exposure to high temperatures are heat exhaustion and heat stroke.

Heat exhaustion is a non-life-threatening condition caused by loss of salt and fluid from the body that results from prolonged exposure to extreme heat.

Symptoms of heat exhaustion include headache, blurred vision, nausea, upset stomach, ashen appearance, low blood pressure, vomiting, sluggishness, fatigue, thirst, rapid weak heartbeat, profuse sweating and moderate increase in body temperature.

Heat stroke is a life threatening condition. It requires immediate medical attention. Heat stroke occurs when the body cannot cool itself, usually because sweating stops and the body's core temperature becomes too high. Conditions like obesity, cardiovascular disease and diabetes, as well as taking some medi-

cations commonly prescribed to seniors, being dehydrated or consuming alcohol in elevated temperatures, can all contribute to the increased risk of heat stroke. Symptoms of heat stroke include headache, dizziness, elevated or lowered blood pressure, disorientation, agitation, confusion, sluggishness, fatigue, seizures, hot dry skin, fainting, loss of consciousness, increased body temperature, rapid heartbeat and hallucinations.

TIPS:

Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.

Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them. Sunblock. When outdoors, protect your skin from damage by wearing large brimmed hats, sunglasses and a sunscreen of SPF 30 or higher.

Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A friend or relative's home or a community senior center are all good options. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.

Avoid direct sun exposure, especially during peak hours of 10 a.m. to 3 p.m. Limit strenuous activity and exercise. If you exercise regularly, try it during the early morning or late evenings. Planning around the hottest time of the day can help to limit exposure to the heat.

Take frequent breaks to cool down. When spending time out in the hot sun, it's beneficial to take numerous breaks to recover.

Becky Bradley
Richland County, DES



HARVEST FOR SENIORS

“I have received vegetables for the past two years and am already looking forward to this fall!”

~Program Recipient



Over the past two years, “Harvest for Seniors” has become one of our most popular programs. Thanks to the generosity of local gardeners, seniors who are no longer able to plant gardens for themselves or have the room to do so can still enjoy the harvest.

This harvest, we invite you to remember “Harvest for Seniors” by donating your ex-

cess produce. To participate, simply bring your donation to the Community Services Building and deposit it on the table just inside the entryway. The Commission on Aging and Richland County Transportation will divide the food and deliver it to its recipients daily.

There is no charge to take part in the program however we do

ask you to note that we are unable to honor requests for specific produce. If you are part of the program and are not able to eat a type of fruit and/or vegetable that is delivered to you, we invite you to share your harvest with friends and neighbors.

If you are a senior that would like to receive fresh produce, call us at **433-3701** to be put on the list.

DISCOVER



Experience Works is a national non-profit organization providing training, community service, and employment opportunities for older workers in 30 states and Puerto Rico.

Our mission is to improve the lives of older people through training, community service and employment.

Our Beliefs are that older people should have an opportunity to learn new skills and contribute to their community throughout their lives. Employers who hire, train and retain older workers will be most successful. People who are productive and active throughout their lives will have better health, increased longevity, and a more positive impact on their community.

The goal of the Experience Works Senior Community Service Employment Program (SCSEP) is to provide participants with the training, experience, supportive services and information they need to improve their lives, gain self-sufficiency, realize their goals, obtain permanent employment and meet the needs of a demand-driven work force based on their employment interests and goals, participants are assigned to qualified nonprofit organizations or government agencies on a part-time basis where they are trained and receive work experience by performing their community service training assignment. While participants receive training, supervision and experience directly from their host agencies,



their training wages and fringe benefits are paid by Experience Works.

To learn more about resources in your area, contact your local Experience Works Coordinator:

Linda Lang
927 Broadwater Square
Billings, MT 59101
406-652-3688 or
Toll Free at
1-877-314-4211

50TH MEDICARE MEDICAID ANNIVERSARY 1965-2015

A Golden Anniversary for America's Health

In 1965, President Johnson signed legislation to establish Medicare for the elderly and Medicaid for low-income adults, children, pregnant women, and people with disabilities. Since then, these programs have transformed the delivery of health care in the United States. They have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Chances are, you or a family member either have Medicare

or Medicaid or know someone who does. In fact, about 55 million Americans have Medicare this year and more than 70 million have Medicaid in any given month.

As part of the 50th anniversary celebration for these programs, the federal Centers for Medicare and Medicaid Services is collecting stories of how Medicare and Medicaid have made a difference for everyday Americans.

- Has one of Medicare's many covered preventative benefits helped detect cancer at an early and more treatable stage for you or a

parent?

- Have rehabilitation services provided in a nursing home or in your own home helped you get stronger and return to regular activity after surgery?
- Has Medicaid helped pay for your parent to live in a nursing home or helped you or your children get treatment for an illness?

Please visit Medicare.gov/anniversary/share-your-story to share your Medicare or Medicaid story.

DOCTOR HUMOR

An old geezer, who had been a retired farmer for a long time became very bored. He tried golf and loved it, he couldn't give it up, but it wasn't enough, so he opened a medical clinic and put a sign up outside that said: "Get your treatment for \$500, if not cured get back \$1,000." Doctor "young", who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezers clinic. This is what transpired.
Dr. Young:—"Dr. geezer, I have lost all taste in my mouth. Can you please help me?"
Dr. Geezer:—"Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."
Dr. Young:—"AAAGH!!" "This is Gasoline!"
Dr. Geezer:—"Congratulations! You've got your taste back. That will be \$500."
Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young:—"I have lost my memory, I cannot remember anything."

Dr. Geezer:—"Nurse, please bring medicine from box 22 and put 3 drops in the patients mouth."

Doctor Young:—"Oh no you don't, that's Gasoline!"

Dr. Geezer:—"Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young:—"My eyesight has become weak, I can hardly see!"

Dr. Geezer:—"Well I don't have any medicine for that so, here's you \$1000 back."

Dr. Young:—"But this is only \$500..."

Dr. Geezer:—"Congratulations! You got your vision back! That will be \$500."



Moral of story — Just because you're "Young" doesn't mean that you can outsmart an old "Geezer" who loves to play golf!!!!



DIRECTOR'S CORNER

It has been a busy season with another just around the corner. In May, we took the trip to Helena to attend the Governor's Conference on Aging. This year's conference was abundant with information and included several days dedicated to new information, facts and challenges associated with Alzheimer's.

As we head into this newest fiscal year, you can expect to see changes at every Senior Center. Due to new grant regulations, we will be updating most of the Center kitchens. Luckily for the Fox Creek Center in Lambert, they already meet the new guidelines so they will use funding this year to step up their programming! Plans are in the works for a

new "smart TV" which will enable them to take part in classes that the Commission on Aging holds in Sidney. Some of these will include the Medicare 101 program, Arthritis Exercise Classes and much more!

Another big topic that I get a lot of phone calls about is the Senior Center in Fairview. While no concrete plans have been made so far, there are a variety of options being looked at to afford the Fairview seniors adequate room and meet new regulation standards. We will continue to update you about our progress on this exciting project.

I want to remind everyone that we are still offering free legal clinics for those 60 and

older who are at or below 250% of the Federal Poverty Level. For those seniors that are over that amount, the service is still available to you at a pro-rated amount. The legal clinics offer seniors a chance to get five basic documents completed by attorneys and paralegals from the Montana Legal Developer Program. The documents include:

- Financial Power of Attorney
- Medical Power of Attorney
- Last Will & Testament
- Homestead Deed
- Beneficiary Deed

If you would like to take advantage of this program or have questions about any of the services we offer, feel free to call me at 433-3701. Enjoy the rest of your summer!

~~~Jodi Berry, RCCOA Director

**STORY IDEAS NEEDED**

**Do you have anything you would like to add to this newsletter? This is "YOUR" newsletter, so if you have any suggestions on information you would like to know about let us know. We can be reached at (406) 433-3701 or (406) 433-7433. Or write us and send it to:**

**Richland County Commission on Aging  
1201 W. Holly, STE #1  
Sidney, MT 59270**



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



**RICHLAND COUNTY  
COMMISSION ON  
AGING**

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Phone: 406-3701  
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E-mail: jberry@richland.org

**Bringing Seniors and Services Together**

## MEALS ON WHEELS VOLUNTEERS

### APRIL

**SHEPHERD OF THE  
VALLEY**

**LONSDALE  
UNITED METHODIST  
CHURCH**

### MAY

**LONSDALE  
UNITED METHODIST  
CHURCH**

**PELLA LUTHERAN  
CHURCH**

### JUNE

**PELLA LUTHERAN  
CHURCH**

**CHURCH OF THE  
LATTER DAY SAINTS**

A graphic of a white sticky note with a red pushpin at the top left corner. The words "THANK YOU" are written in a casual, handwritten font on the note.

THANK  
YOU

**"THANK YOU" TO ALL OUR VOLUNTEER DRIVERS.  
YOUR SERVICE IS GREATLY APPRECIATED!!!**