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AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

Van Wert County Council on Aging

220 Fox Rd., Van Wert, OH 45891

Phone: (419)238-5011

www.vwcouncilonaging.com

Kevin Matthews, Executive Director

April - June 2017

If you would like the newsletter mailed to you, we would be happy to do that. There will be a \$5.00 fee per year to cover postage. Call the office to let us know so we can add you to the mailing list.

Senior Day

The Van Wert County Council on Aging will be hosting The Senior Day Celebration to honor all Senior Citizens of Van Wert County. The theme for 2017 is "Senior Stars." This year we will be celebrating with a dance. Melvin Mullins will be providing the music. Refreshments will be provided by our friends from the Van Wert Manor. The event will be held May 11, 2017 with doors opening at 12:00 with music and dancing starting at 12:30. Recognition of Senior Stars will be at 1:30 with more music and dancing to follow. Through private donations and help from our friends at the Van Wert Manor, there will be no fee to attend this event.



This day will be a chance to recognize those seniors who continue to volunteer their time to various causes throughout the Van Wert Community. It is our belief, that Senior Citizens who volunteer show not only an active investment in the lives of others, but really make a significant impact on the Van Wert Community. Seniors who volunteer really make or break many charitable organizations, as without Senior volunteerism these organization would not have the necessary individuals to help out. The Board of Directors and Staff of the Council on Aging are asking you, our clients, to nominate individuals around you who fit this profile. The volunteerism would need to be work that has occurred after a person has turned 60 or a project that was started and continued after they have turned 60. Volunteerism can be anything from reading to children to heading up a major event; no act of volunteering is too small or too large. If you know of a Senior Citizen that fits this profile and you would like to nominate them, please pick up an application at the front office, or they can be downloaded from our website,

www.vwcouncilonaging.com

Nomination form can be found in this newsletter.

Holiday Closings

April 14, 2017 Good Friday

May 29, 2017 Memorial Day

7th Annual Designer Purse Bingo

Designer Purse Bingo is quickly approaching! This year, Designer Purse Bingo will take place June 9, 2017 with doors opening at 4:30 p.m. and bingo beginning at 6:00 p.m. Tickets will be \$25. There will only be 300 tickets sold so get your ticket early. All purses up for grabs are authentic designer purses. There will also be door prizes and concessions available. To make this event happen, we will need around 30 volunteers to work not only the bingo floor, but the concessions area.



We also will need individuals to volunteer to make desserts (pies, cakes, cookies, etc.) that can be sold at the concessions. If you are interested in volunteering, there is a sign posted in the office or you can call us at 419-238-5011. If you are unable to volunteer because you want to play, consider asking your spouse or relatives to help out with the event, or simply make a donation toward the event. These fundraisers and your volunteerism with them really help to offset our fuel use and the increasing demand we have for out of town trips.

This is our largest fundraiser of the year for the Council on Aging, so let's hope that everyone pitches in by either playing or volunteering in some way!!

OSHIIP WELCOME TO MEDICARE EVENT

New to Medicare or know someone who is? Need a refresher regarding the various parts of Medicare. Come to a free informational event!



Please join us at an event for people who are newly eligible for Medicare. OSHIIP (the Ohio Senior Health Insurance Information Program) provides free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIP can help answer questions you may have about Medicare, including:

- * Do I need to sign up now
- * How is Medicare supplement insurance different from Medicare Advantage Plans
- * How do I select my best Medicare prescription drug plan
- * How can I save money on health care costs

Plan to join us at the Van Wert Council on Aging on Wednesday, May 24, 2017 at 6 p.m. to have all your questions answered.

Medicare Tidbits

Are you Admitted to the Hospital or just being Observed? Did you know that as of March 8 of this year the Medicare Patient Notification Law went into effect which means now the hospital will be required to inform Medicare patients who have been in the hospital for more than 24 hours whether they are under "observation" status or are actually admitted to the hospital. The hospital is also required to provide you with verbal and written notification of the status. Why does this matter to you, well it is a matter of costs for the patient. If you are under "observation" status then that means the services are covered under Medicare Part B (Regular Medical Coverage). If you are actually admitted then the services are covered under your Medicare Part A (Hospitalization) which may potentially include time in a rehabilitation facility. If you are enrolled in a Medicare Advantage plan these coverages may vary so it will be necessary to contact your plan for exact coverage.

Having trouble paying for your monthly drug costs? You may be eligible for a low-income subsidy (LIS) that can offer assistance in helping to cover costs associated with your prescription monthly premium, annual deductible, coinsurance, and copayments. Also, those in the program do not have a gap in prescription coverage, which is also known as the “donut hole”. For more information regarding the Low Income Subsidy program, the Patient Notification Law or other Medicare questions you may have contact Samantha at 419-238-5011 or by e-mail at sturnwald@vwcouncilonaging.com.

COA Lunch Café

Tired of trying to figure out what to have for lunch? Come on out to the COA for lunch, meals are served daily at 11:00am. Meals are a great value at \$2.50 and that includes your drink choice of ice tea, milk or water. Just call the COA at 419-238-5011 by 3pm the day before you wish to eat to make a reservation. Come on out enjoy a great lunch and visit with others and best of all you do not have to do any dishes. Menus are available at the COA.

Fun Fact: When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere

LEGAL AID

April 21, 2017 Rebecca Steinhauser with Legal Aid of Northwestern Ohio will be at the Van Wert County Council on Aging. Rebecca will be taking appointments in the morning for clients that would need legal aid. You must call to sign up for an appointment if you would like to speak with Rebecca.



Have You Heard

We now have Zumba two days a week! With the outstanding success of the first class we added a second class. Monday's from 1-2 in the afternoon and Thursday from 9:30 to 10:30 in the morning. Come out and move to music that will put a smile on your face. Just do what you can do, no worries about keeping up with others, we just have fun. Both men and women have been having a great time. There is no charge for this class but we do accept donations to help offset the cost to the COA. Remember feel free to come in 15 minutes early to walk around the main room to warm up prior to Zumba.

***** Due to Off Stage Productions using the COA building Zumba will be moving to the Thomas Edison School on North Franklin Street Van Wert for the following dates, April 10, 13, 17, 20, 24, 27 and May 1st and 4th. Same great instructor and same great group of people.**



Calling all Pool Players

We have a pool table here at the COA just waiting to be played. If you like to play pool get some friends together and come out and enjoy the game.

Library with Books and DVD's

Here at the COA we are now offering DVD's in our library to borrow. As always this is an honor system just borrow what you want and then return the items. If you have **newer** books or DVD's that you don't use any more and would like to donate them to our library please bring them in.

Are You in Need of a Power Wheelchair

A donation of two power wheel chairs has been made to the Council on Aging and we would like to pass it forward. If you know of a person that needs such a chair and just cannot afford to get one, we would like to hear from you. Each chair would need new batteries and they would be responsible to get the batteries that could cost between \$200.00 to \$300.00. Please contact the COA with the name, address and a little of the history of how they would benefit and we will take it from there. If you have any question please contact us at 419-238-5011 and we will be happy to talk with you.

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Do you like to play Mahjong?

On Monday's here at the COA there are a fun group of ladies that meet at 10am and play Mahjong . They are always looking or a few more players, so if you would like to play (or learn) come on in and join the fun.

Fun fact: Did you know that many places offer discounts to Seniors ? Most places all you have to do is ask. It might be a free drink or a percentage off your purchase. Never hurts to ask and remember the worst thing that can happen is, they say no.

Is Your Medicine Cabinet Putting You at Risk?

Modern medicine is helping people live longer, healthier lives than they did 20 years ago. But as much as medicines can help you manage your health risks, some prescription medications can increase your risk of falling by causing dizziness, drowsiness or numbness. They could also have other side effects that affect your balance and perception. You can avoid many risk factors that can lead to a fall and injury by being partners with your doctor and pharmacist and talking about your prescriptions. Remember to:

- Maintain a list of all the drugs you take, including doses, frequency and prescribing doctor. Also include any over the counter medicines or supplements you take. Bring the list with you to doctor's appointments and when you pick up prescriptions.
- Read the prescription label. If it says "may cause dizziness or drowsiness" or cautions against driving, ask about the best time to take it to avoid falls. Ask your doctor about alternative treatments with less hazardous side effects.
- Take your medicine exactly as prescribed. Ask your doctor to write detailed directions on how and when to take your medicine.
- Talk to your doctor about changes to your eating habits, as well as how much caffeine and alcohol you consume, as these can affect how your medicine works.
- Ask your pharmacist about easier-to-read labels and instructions on your medicine containers if you have trouble reading warnings or directions
- Your pharmacist can help select the best over-the-counter medications that only have the ingredients you need for your symptoms.



Fun Fact: The first spring flowers are typically dandelions, daffodils, lilacs, tulips to name a few.

The Van Wert COA Memorial Fund

When a loved one passes, keeping their memory alive is a way of honoring their life and finding comfort in your own life as a survivor. Your gift toward the Memorial Fund helps to ensure that additional services for older generations are able to be provided. Monies raised by our memorial funds are distributed toward seniors in need.

As well, individuals can purchase a brick for their loved one that will be placed in our Memorial Garden.

Please Consider Your Gift to the Van Wert COA Memorial Fund. No gift is too large or too small. The Memorial Fund is managed by the VW COA Board of Directors. Gifts can be made directly to the Van Wert COA or can be bequeathed in one's will or trust. For more information contact Kevin Matthews, Executive Director at the Van Wert Council on Aging.

VAN WERT COUNTY COUNCIL ON AGING
220 Fox Rd.
Van Wert, OH 45891

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The mission of the Van Wert County Council on Aging is to assist older adults, age 60 and over, to live their lives with independence and dignity for as long as possible in the environment of their homes. The Van Wert County Council on Aging operates the Van Wert Senior Center.

The Van Wert County Council on Aging is supported by the Senior Services Tax Levies from Van Wert County, Title IIIB of the Older Americans Act administered by PSA3 Area Agency of Aging, United Way of Van Wert County, the Van Wert County Foundation, Transportation Contracts, Donations and Contributions.

The Van Wert County Council on Aging serves clients without regard to race, color, national origin, religion, sex or disability. We are an Equal Opportunity Employer.

Services provided by the Van Wert County Council on Aging include: Chore Services, Outreach, Information & Referral, Socialization, and Transportation.