



Senior Voice

Council on Aging in Union County

1401 Skyway Drive PO Box 185 Monroe NC 28111

704-292-1797

coauc@carolina.rr.com

www.coaunion.org

October, November, December 2011

Linda Smosky, Executive Director

MEDICARE ANNUAL OPEN ENROLLMENT

October 15th thru December 7th ONLY

New this year, Medicare beneficiaries can only change their Medicare Advantage plans and Prescription Drug Plans from October 15th to December 7th. **We suggest that you compare your current plan with the plans available for 2012 to make sure that your coverage continues to meet your needs.**

Medicare Part D prescription drug plans (PDPs) are insurance plans approved by Medicare that offer prescription coverage. Medicare PDPs work like any other insurance product – they have premiums, deductibles, co-payments, and formularies (list of drugs a plan will cover). By comparing plans, you can see if another PDP would save you money or cover more of your prescriptions. Seniors' Health Insurance Information Program (SHIIP) counselors are available to assist you. **Please call (704) 292-1797 to schedule your individual appointment.**

Brown Bag – Prescription Review

It is important to manage your prescriptions to prevent possible drug interactions. On Wednesday, October 12th Wingate Pharmacy School will be holding a brown bag event from 8:30 – 11 am at Ellen Fitzgerald Senior Center, 327 S. Hayne St., Monroe. Bring all of your prescription bottles.

Union County Senior Wellness Expo – November 3rd

The sixth annual Senior Wellness Expo is coming! There will be FREE health screenings, including spinal assessments, dental oral exams, skin cancer, blood pressure checks and MORE! Light refreshments will be served and Clearly Carolina will provide coffee. Please bring a van of seniors and enjoy talking with the vendors, receiving important health information and screenings. This Expo is sponsored by the NC Cooperative Extension, Council on Aging in Union County, and the Ellen Fitzgerald Senior Center. It will be located at the Union County Agricultural Services & Conference Center from 9am to Noon on Thursday, November 3rd. We look forward to seeing you there!

Candlelight Reflections

Please join us for the lighting of candles to honor family caregivers and all those affected by Alzheimer's disease or related disorders. This inspirational ceremony will take place at 5:30 pm, on Thursday, November 3rd on the Terrace at the Union County Public Library. This event is weather permitting. Please contact Rebecca Broadway for more information, (704) 292-1797.

Alzheimer's Families and the Holidays

Holidays can be stressful for anyone, but caregivers and families caring for someone with Alzheimer's disease or any dementia related illness might experience added stress. Join us for helpful tips on dealing with stress through the holidays. It will be held at Union West Public Library in Indian Trail on Monday, November 7th from 1:30 pm – 3:00 pm. **Call (704)292-1797 to register.**

Alzheimer's Screening

The Alzheimer's Foundation of America National Memory Screening Day is **Tuesday, November 15th**. Memory screenings conducted by qualified healthcare professionals are a significant first step toward early diagnosis. Screenings are at Ellen Fitzgerald Senior Center, 327 S. Hayne St., Monroe. Screenings are by appointment only. For more information call **(704)282-4657**.

Prescription Drug Assistance Program

Prescription costs are on the rise! Medicare recipients with limited income and assets may qualify for a money-saving program called Extra Help. Extra Help is a program conducted through the Social Security Administration that helps pay prescription drug plan premiums, deductibles, and co-payments. Extra Help is available for those who qualify, but you have to apply! Applications are available at Council on Aging or you can call SHIIP at 1-800 443-9354 to fill one out over the phone.

Low-Income Energy Assistance Program (LIEAP)

This program is available for low income seniors aged 60 and older who are in a heating emergency. It is a one-time direct payment to the vendor to help with heating bills. There will no longer be automatic applications. Applications are taken starting December 1st until funds are no longer available. **To apply contact Department of Social Services at (704) 296-4300.**

BIG Changes for Food Pantries

In order to continue feeding families in the most effective manner, the Union County Department of Social Services has partnered with Second Harvest Food Bank of Metrolina and local pantries to distribute commodity foods (TEFAP) on a monthly basis. Commodity Food is being distributed in Union County at: **Loaves and Fishes, 202 Stewart Street, Monroe** each Friday and Saturday, 10 am – 1 pm and **Open Arms, Wingate** the last Thursday and Friday of each month 9 am – 1 pm.

UNION SENIORS

October – Flu Vaccine Schedule

Oct 5	Wed.	9-11 AM	Walkersville Presbyterian Church
Oct 11	Tues.	9-11 AM	Langford Chapel – 113 S. Johnson St. Monroe
Oct 18	Tues.	9-11 AM	Emmanuel Baptist Church
Oct 24	Mon.	9-11 AM	Indian Trail Methodist Church
Oct 25	Tues.	9-11 AM	Wingate United Methodist Church

Will file for Medicare Part B recipients ONLY. All other insurances will require payment and receipt will be given to obtain reimbursement. Please wear short sleeve shirts and bring all insurance cards (Medicare, Supplemental, Private, etc.). **Cost: \$25 per person (Cash or Check)**

Oct 19 Wed. 9:30 AM Autumn Care- Marshville

Home Safety – Do you often wonder how you can keep yourself safe in your own home? The Union County Sheriff's office will help us learn ways to safeguard our homes from predators. Call to reserve lunch by October 13th.

November

We all know that Medicare is constantly changing, which creates confusion. Join us in learning Medicare basics, so you can use your benefits wisely. We will also go over the new changes for 2012, including Part D – Prescription Drug Plans.

Nov 2	Wed.	10:30 AM	Walkersville Presbyterian Church (covered dish)
Nov 8	Tues.	10:30 AM	Langford Chapel – 113 S. Johnson St. Monroe (light lunch)
Nov 15	Tues.	9:30 AM	Emmanuel Baptist Church (no meal)
Nov 16	Wed.	9:30 AM	Autumn Care – Marshville (reserve lunch by 11 th)
Nov 22	Tues.	9:30 AM	Wingate United Methodist Church (Tokyo Bistro)
Nov 28	Mon.	9:30 AM	Indian Trail Methodist Church (reserve lunch by 22 nd)

December – Annual Christmas Party

First Presbyterian Church – Monroe (next to Library)

Wednesday, December 14 10:30 am – 1:00 pm

Please bring your favorite covered dish and come enjoy friends, Christmas music, and door prizes! Call (704) 292-1797 to make your **reservation by December 9th**.

Family Caregiver Social and Support Group

Family Caregivers seldom take time or find the place to talk about their own needs, when caring for a loved one. Share what you are experiencing and find encouragement and hope from others. Join us the 3rd Tuesday of each month at the Ellen Fitzgerald Senior Center, 327 S. Hayne Street, Monroe at 2:30pm.

Union County Health Department: Dental Clinic

The Union County Health Department's Dental Clinic is accepting new patients. Services are at discounted rates provided by a dentist, hygienist, and dental assistant for both children and adults. They accept Medicaid, Health Choice and various methods of payment. The clinic does not accept private insurances. The services they provide include consultation, X-rays, cleanings, fluoride treatments, fillings, sealants, stainless steel crowns, root canals, porcelain crown and bridges, night guards, partials and dentures, extractions. **Contact (704)296-4829 to schedule an appointment.**

Council on Aging appreciates your donations including donations of supplies such as copy paper, paper towels, garbage bags, and toilet tissue. ***We are grateful for your help.***



Council on Aging will be closed for the holidays November 24, 25 and December 23-27.