

Senior Echoes

Western Montana Area VI Agency on Aging, Inc.

Serving Seniors in Western Montana

110 Main St. Suite 5, Polson, Mt 59860 883-7284 or 1-800-551-3191 - Fall 2016

www.westernmontanaagingservices.org

Medicare Open Enrollment Oct. 15- Dec. 7

Each year during Medicare Open Enrollment you have the opportunity to compare **Prescription Drug Plans** and **Advantage Plans** available in the coming year. Insurance companies change prices, plans offered, what drugs they cover, and what areas they cover every year. Plus, your prescriptions may have changed since you chose your current plan. **If you let your current plan roll into the new year you may be paying more than you need to.** Last year in our Polson office alone we saved beneficiaries over \$100,000 just by using the Planfinder Tool at www.medicare.gov to enter their prescriptions, compare plans for the coming year, and enroll them in the plan they chose. Enrolling in a new plan will end your old plan on Dec. 31, 2016. Then on Jan. 1 your new plan takes effect for 2017.

Some Insurance companies may choose to stop offering plans in your area. If your plan is ending they will notify you in writing. If you receive a letter that your plan is ending you must enroll in a new plan so that you don't go uninsured for a period of time and incur a penalty. In most cases if you miss Open Enrollment you may have to wait for next year, and go uninsured in the meantime.

Open Enrollment only applies to **Medicare Prescription Drug Plans and Advantage Plans**. Original Medicare Parts A and B and Medigap plans are unaffected.

If you would like assistance with Open Enrollment call for an appointment, as we are very busy at that time. Call us at **1-800-266-4188**. We have people in Lake, Lincoln, Mineral, and Sanders Counties who can help you.

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My name is **Shellye Lee**. I am the new **Long Term Care Ombudsman for Lake County**. My husband and I moved to Montana about 4 years ago from Northern California in the foothills of the Sierra Nevada mountains.

I started my career working with the elderly when I was 21. I have worked as an administrator in an advanced Alzheimer's facility and a 70 bed assisted living.

I have two daughters, one in southern California and one in Kauai and two stepdaughters in Nevada. We have three granddaughters, and with three more babies on the way we will soon have a total of six! It's been a busy and exciting year... expensive too!

Throughout my career I have worked with the ombudsman program and have always been interested in what they do. When the opportunity presented itself it seemed like the perfect choice. I am excited to be here and I can't wait to get to know everyone here at the office in Polson, region VI and statewide.

Mary Ouellette is a new addition to the **Aging and Disability Resource Center** staff in Polson. She is being trained in information and assistance and as a SHIP (Medicare) Counselor.

Greetings to all! My name is Mary B. Ouellette. I was born in Missoula to a family that already had 7 boys and after me they decided that was enough!

I have lived in Polson for the better part of 20 years with my husband of 37 years, Ger. Many of you already know me from my years in retail in Polson. My boys, Jean Paul, Aaron and Gabe, who are grown now, love to come home to Polson on vacation with their families and shake the stress of the city off and relax in our beautiful little burg.

I am quite pleased to be part of the ADRC family and I hope to be a good servant to you all. (Just not all at once...)

Hi! My name is **Wendy Forseth**. I began working as the **administrative assistant** to our Director, Tammy Walston, on March 31, 2016. I work with the Senior Centers performing assessments of the sites, posting their financial reports, their Meal Counts and maintaining their paperwork. I also order the commodities for Area VI contractors serving clients in Lake, Lincoln, Sanders, Mineral counties and CSK&T.

I, my husband and daughters moved to Montana 22 years ago but we have only been in the Polson/Ronan area three years. Our two daughters have blessed us with 8 grandchildren who live in Dillon, Stevensville and Anchorage, Alaska. (All too far away.) We love spending time with our grandchildren, touring the area on our motorcycles and playing pool.

It is a pleasure working with the Area VI agency staff and all the people involved with the Senior Centers for the area. I look forward to continue serving and working with the centers in the years to come.

Debbie Coffman is the new **Fiscal Assistant/Human Resources Manager**.

My name is Debbie Coffman, I was born and raised in Oregon. I moved to Montana in the late 70's where I married and raised 2 children. I now have 9 grandchildren ranging in age from 2 to 16. I have lived in St. Ignatius on and off for the last 35 years. My hobbies are reading, fishing, cooking, ancestry research, rock hound, antiques, gardening, beading/jewelry, crocheting, and sewing.

I come to Area 6 on Aging with a bookkeeping background as well as 15 years' experience in the Workers' Compensation Management/Safety field. I am very excited to be given the opportunity to be part of this team. I look forward to working with the staff and clients of Area VI.

Western Montana Area VI Agency on Aging, Inc.
Foster Grandparent Program

Micky Snyder
110 Main Street, Suite 5
Polson, Mt 59860
1-800-266-4188 or 406-883-7284
Fax 406-883-7363
fgpdirector@area6aging.org
Tax I.D. # 81-0345779



Where Love Grows

As we approach a new school year our office is working hard to remind our grandparents of the trials and tribulations of meeting new staff, children, and getting back into the routines.

As we have wrapped up our 1st year grant reporting, we successfully recruited 10 new grandparents with the most success in Ravalli County where 4 new ones will be starting this fall. We have also recruited 2 in Kalispell, with one pending, 2 in Polson, and 2 in Libby. This is an impressive number of course, but with that growth comes attrition as well with some grandparents leaving. We will start this new fall year with 47 grandparents, which is only 2 shy of our grant VSY # of 49, but our goal is to always have 55 in our program.

This year's recognition is scheduled for October 7th in Missoula (location to be determined) and October 14th in Kalispell at the United Way conference room in the old mall in Kalispell.

As always we are asking that when you are out in our communities to please continue to help us recruit volunteers and direct them to our office for information and questions. We also want to remind you that you are ALWAYS welcome to stop by our office and see what we are up to and how our day is going .

Thank you for your continued support and we look forward to another successful year!!



Grandma Cheri of the Polson Boys & Girls Club.

She started with our program this summer and has developed a sewing program . This is one of her students who with her help made and finished her first ever quilt.

Please stop in and thank Grandma Cherie for her service .



Turning 65? Watch out for “Seamless Conversion Enrollment”

If you are enrolled in a health plan (this can be the Marketplace, a private plan, an employer plan, etc.), when you become eligible for Medicare at 65, the company you are with can seamlessly enroll you into one of their advantage plans. **The health plan sends you an opt-out card and if the you do not respond the plan is allowed to put you into their advantage plan.** This plan may not be in-network for your preferred doctor or other health care provider. Also, many people starting Medicare want to opt for Original Medicare with a Medigap plan and Prescription Drug Plan. They do not want an advantage plan from any company.

Example:

Sam has ABC Health Insurance through the Marketplace. Sam will be turning 65 in 3 months. He is receiving mail from all the health plans in his area. Sam knows he does not want an advantage plan and already knows the drug plan he is going to go with. He knows he is going to get a Medigap plan. Sam does not look at all the advertisements for health insurance that he is getting in the mail.

The problem is, in the mail that Sam threw in the trash is something from ABC Health Insurance telling Sam that if he wants to get into their advantage plan he has to do nothing. If he does not want the plan he should call ABC Health Plan or send the card back opting out of the ABC Advantage Plan. Sam did not see the notice for ABC Advantage Plan because he just thought it was junk mail like all the other advertisements from health plans and trashed it. So the card to opt-out did not get sent back. So Sam was enrolled in ABC Advantage Plan without his knowledge.

Another Example:

Judy had surgery. After she was home, her doctor’s office called her with bad news. Records showed she had a Medicare Advantage Plan, and her doctor and hospital were not in its network. Her costs of \$16,622 were not covered. She didn’t realize she had been automatically enrolled by Blue Cross/Blue Shield because she did not respond to their letter to opt out.

When turning 65 you will be deluged with insurance advertising. Look closely at anything from your current insurer, to make sure they are not automatically enrolling you in something you don’t understand. Call us if you are not sure of the meaning of a mailing, and make an appointment for us to go over your options.

If you have questions, would like to report a concern, or would like to help with the SMP program as a volunteer in your area, please call SMP at 1-800-551-3191 or 1-800-266-4188.

CAREGIVER NOTES

10 Tips for Caregivers To Stay Healthy and Happy

There are more than 44 million family caregivers in the US. That's about 20% of the whole adult US population. Family caregivers make significant sacrifices to provide for the health and well-being of their loved ones. Caregivers also face difficult emotions and significant physical and financial challenges, which can affect their own mental and physical well-being. If you are a caregiver, taking care of yourself is vital to enable you to continue in your important role. Here are 10 tips we found online to help you take care of you.

- 1. Research and make a list.** Learn as much as you can about your loved one's condition and the tasks you will need to perform. Make a list of those tasks, and decide realistically which you are able to do. The remaining things on the list are ones you'll need to find others to help with (family, friends, or professionals).
- 2. Find people like you.** The value of others who are in like situations can't be overstated. If your community does not have a caregiver support group, consider looking for an online community. A couple of good places to start are www.caregiver.org and www.medicare.gov.
- 3. Know your limits and vocalize them.** Tell doctors, family members, and your loved one if a situation is beyond your ability.
- 4. Accept your feelings.** You may face difficult emotions. It's important to acknowledge and accept what you're feeling and be easy on yourself. It really helps to talk about this with someone.
- 5. Encourage independence for yourself and your loved one.** Look into available services or technologies which can create an atmosphere of independence for your loved one. You will both benefit from it.
- 6. Stay social.** Make it a priority to see your friends and maintain your social, religious or civic connections. Don't give up activities that are important to you.
- 7. Take care of your body.** Eat nutritious meals at regular times. Try to get 30 minutes of exercise three times a week. Get enough sleep at night. Go to the doctor and dentist on schedule. Do these things to help you cope with stress, and avoid overuse of alcohol or drugs.
- 8. Take care of your spirit.** Find ways to make yourself happy. Laugh with a friend, get a haircut, take a regular break from caregiving. Go for a walk. Whatever gives you joy, take time to do it.
- 9. Talk about financial and legal issues.** Discuss these things with your loved one and family. Seek professional guidance. Legal help and advice are available at reduced or no cost for those who qualify.
- 10. ASK FOR HELP.** When people say "Is there anything I can do?" say yes! Also find out about local resources. Trying to do everything on your own can result in you burning out, which will significantly compromise your ability to provide care.

The Agency on Aging can help you find and contact many resources, including home help, respite care, legal documents, and home delivered meals. We also offer Powerful Tools for Caregivers classes in our four counties.



Every seven seconds in America someone turns 55. RSVP is America's largest volunteer network for those 55 and over. Over 400,000 strong, it harnesses the skills, experience and wisdom of these men and women.

You can visit <https://www.youtube.com/watch?v=voJIIDYAMqM> to see a video on how RSVP is making an impact.

We encourage volunteers as well as public agencies, secular or faith-based private non-profit organizations, or proprietary health care organizations who need volunteers, to contact the RSVP Volunteer Coordinator in their county:

- Ravalli County: Colleen Dahlstrom - 406 363-1102
- Lake County and Flathead Indian Reservation: - 406 883-7284
- Mineral and Sanders Counties: Mary Jo Berry - 406 822-2213
- Lincoln County: Terry Peck - 406 29-2271

**Western Montana Area VI Area Agency on Aging
RSVP
Retired and Senior Volunteer Program**



Volunteers

The piece that completes a community

VISIT OUR WEBSITE

WWW. RSVP Montana.org

VOTING for LONG-TERM CARE RESIDENTS

As the November election approaches, it's important to remember that consumers of long-term services and supports retain their right to vote no matter where they live or what type of care they receive. Throughout the United States, residents of long-term care facilities have the right to vote. If going to the polls is difficult, these voters, like others, may request and vote an absentee ballot. Indeed, the most common way for residents of nursing homes or long-term care facilities to vote is through absentee voting.

While mental competency is an eligibility requirement for voting, competency must be decided based on the ruling of a judge - not a family member or facility staff member. And, the decision must be made in regard to voting, not general competency.

The older you are, the more likely you are to vote. Approximately 70% of people over 65 vote in presidential elections, compared to 45% percent of the voting age population overall. (Less than 40% of 18-24-year-olds voted in 2012) However, this breaks down as voters reach 75 and above, according to the US Census Bureau. At that point, voting drops off.

Why? As we age:

- Transportation to the polls can become difficult.
- Voting accessibility for people with disabilities may be a challenge, despite federal law.
- Ballots can stymie people with limited vision.
- Dexterity declines to the point that managing a paper ballot becomes tricky.

Sometimes, "all of the above" can apply.

There's reason to believe that decline in voting is particularly steep for people living in long-term care facilities (LTC), such as nursing homes and assisted living facilities. Often, access to a ballot is a problem, but the issues relating to voting for LTC residents are complicated.

Every state permits voters who can't get to the polls, including residents of LTC facilities, to "vote absentee" and yet, people who need help with daily tasks are likely to need help getting a ballot, too.

Help doesn't begin or end with obtaining a ballot. Voters also may need help updating voter registration information, keeping track of key election dates and even remembering how to complete a ballot. Voting isn't a daily task, after all.

The options on who can help are limited but often include family members, agents appointed by the voter, staff at the facilities or staff or volunteers from the local election office.

(Note: LTC residents are not just the frail elderly. Veterans with serious injuries and others with disabilities can face the same physical, logistical and cognitive barriers to voting)

My Medigap plan is getting too expensive. Do I have another option?

Yes, during Medicare Open Enrollment (Oct.15-Dec. 7) anyone is allowed to join a Medicare Advantage plan. These plans are usually less expensive than a Medigap plan, and most include drug coverage so you do not need a separate drug plan. You cannot have both Medigap and Medicare Advantage at the same time, so you will need to cancel your Medigap plan when you join an Advantage plan. However it is important to know the difference in coverage. With an Advantage plan you will be responsible for co-pays for all medical services, including doctor visits and lab fees. You will pay a higher co-pay at out-of-network providers. Some types of Advantage plans only pay in-network providers and so any services you receive from out-of-network providers are totally your cost. A SHIP counselor can help you understand the Advantage plans available in your county. **DO NOT CANCEL YOUR MEDIGAP PLAN UNTIL YOU ARE SURE YOU WANT AN ADVANTAGE PLAN AND ARE ENROLLED.**

Medigap plans must sell to you during your “guaranteed acceptance period” which lasts 6 months from the time your Part B Medicare starts. Once you are outside of the 6-month guaranteed acceptance period they will ask medical questions and can turn you down. However, if you have never had an Advantage plan before, you are allowed a one year trial period. If you enroll in an Advantage plan and decide within 12 months that you want to go back to a Medigap plan you have a guaranteed acceptance right. It only lasts for 12 months and you only get this “trial right” once during your life. Likewise, when someone is first starting Medicare, they can try an Advantage plan for one year. If they decide to switch to Medigap within that 12 months they have a “trial right” to get a Medigap plan. If you do not have a guaranteed acceptance right the Medigap plan does not have to sell to you.

Whether to have a Medigap plan or an Advantage plan is a personal choice. It depends on your own health, financial situation, and your view of insurance risk. A SHIP counselor is not allowed by law to recommend any policy for you. However we can answer questions and do our best to help you understand your choices. Call the Area VI Agency on Aging at 883-7284 or 1-800-266-4188 for an appointment with a SHIP counselor in Lake, Lincoln, Mineral and Sanders counties. Again, Oct. 15-Dec. 7 is when you can make changes.

LINCOLN COUNTY RESOURCES

Western MT Area VI Agency on Aging, Inc., Tammy Walston, Director
110 Main St. Suite #5, Polson, MT 59860 - 800-551-3191 or 406-883-7284

INFORMATION AND REFERRAL

Certified Information and Assistance (I&A) Technician on aging issues, Counselor for the State Health Insurance Assistance Program (SHIP) for Medicare, and Medigap Insurance
Eureka-Brenda Turnbull - SHIP/I&A 297-2188 or 1-800-551-3191
Libby/Troy -Trina Kerzman - SHIP/I&A 283-1197 or 1-800-551-3191

LONG TERM CARE OMBUDSMAN

Jerry Sorensen -State Long Term Care Ombudsman 406-444-7785
Office on Aging, Box 4210, Helena, MT 59604
Vanessa Fitchett– Regional Long Term Care Ombudsman 800-551-3191 or 741-5400
110 Main Street, Suite # 5, Polson, MT 59860
Julie White - Local Long Term Care Ombudsman 741-3647 or 212-7071

MEDICAID CASE MANAGEMENT

Spectrum Medical, Inc., John Freemole, Director, 1825 Hwy 93 S, Suite F, Kalispell 752-0580

HEALTH SERVICES

Cabinet Peaks Medical Center, 209 Health Park Drive, Libby, MT 59923 283-7000
Center for Asbestos Related Diseases, 214 E 3rd St., Libby, MT 59923 293-9274
Eureka Health Care– Eureka, MT 59917 297-3145
Libby Rural Health Clinic-VA Clinic, 211 E. 2nd St. Libby, MT 59923 293-8711
North Country Medical Clinic– Eureka, MT 59917 297-2438
NW Community Health Center, 320 East 2nd St, Libby, MT 59923 283-6900
Clinics in Troy and Eureka also

HOME HEALTH and HOSPICE

Home Options, Libby, MT 59923 283-7300
Lincare Inc., 318 Mineral Ave. Libby (med equip/supplies/oxygen/asst. tech) 293-8671

HOMEMAKER & PERSONAL CARE SERVICES

Addus Health Care, 415 W 9th St. Libby, MT 59923 (serving all of Lincoln Co.) 293-9651
Cabinet Mountain Home Care 293-4600
Personal Touch Home Care, Kalispell 1-800-344-5979 or 758-5422
Libby Senior Center, 206 E 2nd St., Libby 293-7222
Tobacco Valley Senior Center , Eureka 297-2188

LEGAL SERVICES

MT Legal Services Association, Missoula 800-666-6899
Senior and Long Term Care Legal Services Developer, John McCrea, Helena 800-332-2222

LINCOLN COUNTY SENIOR CITIZEN CENTERS

Libby Senior Citizens Center, 206 E. 2nd Street, Libby, MT 59923 293-7222
Kootenai Senior Citizens, Inc., 304 3rd Street, PO Box 74, Troy, MT 5993 295-4140
Tobacco Valley Senior Citizens, Inc., 310 First Ave. E, PO Box 745, Eureka, MT 59917 297-2188

LINCOLN COUNTY COUNCIL ON AGING

Dedi Coy, President, 206 E 2nd St, Libby, MT 59923 293-7222

MENTAL HEALTH/SUBSTANCE ABUSE

Flathead Valley Chemical Dependency Clinic, 711 California Ave, Libby 293-7731
Flathead Valley Chemical Dependency Clinic, 66121 Hwy 37, Eureka 297-2822
Western Montana Mental Health Center, 34169 US Hwy 2 Libby, MT 59923 293-8746

Senior Echoes

NURSING HOMES

Libby Care Center, 308 E. Third, Libby, MT 59923	293-6285
Mountain View Manor-Good Samaritan Center 10 Mountain View Dr., PO Box 327, Eureka, MT 59917	297-2541

NUTRITIONAL MEAL LOCATIONS

(Call for Congregate Meal Times and Home Delivered Meals)	
Kootenai Senior Citizens, Inc., 304 3rd Street, Troy, MT 59935	295-4140
Libby Senior Citizens Center, 206 E. 2 nd Street, Libby, MT 59923	293-7222
Tobacco Valley Senior Citizens, Inc., 310 First Ave. E, Eureka, MT 59917	297-2188

PERSONAL CARE HOMES

Libby Lodge of Love, 39042 Hwy 2, Libby	293-3334
Home Sweet Home, 144 Tobacco Valley View Drive, Eureka	889-5915

PUBLIC HEALTH

Lincoln Co. 66121 Hwy 37, Eureka, MT 59923	297-2023 ext. 4
320 E. 2nd St. Libby MT 59923	293-3755

SENIOR FOOD DISTRIBUTION (Food Pantries)

Eureka Food Pantry and Thrift Store, 109 Dewey Ave. (2nd & 3rd Thurs, 12-2)	297-2358
Eureka Foursquare Church, 406 2nd Ave. E, Eureka (1st & 3rd Wed. 9-11)	??-??-??
Libby Food Pantry, 724 Louisiana Ave., (every Tues and 2nd & 3rd Fri, 10-2)	293-3332
Libby Christian Church, 100 Kootenai River Road (Thursdays 10-1)	293-3747
Troy Food Bank, 459 Foote Road, Troy (M 10:30-12)	295-5847
Troy Community Baptist Church, 725 E Missoula Ave, Troy (2nd & 4 Th 10-12)	295-4206
The Yaak Food Cupboard, 34 Riverview Drive, Troy (2nd & 4th T 2-4)	295-4048

SENIOR CITIZEN & COMMUNITY SUBSIDIZED HOUSING

Golden Lions Manor-703 E Grant, Troy 59935	295-7507
Green Meadow Manor-403 Idaho Ave., Libby, MT 59923	293-5651
Libby Plaza I & II -905 Commerce Way, Libby, MT 59923	293-3345
Treasure Manor-610 Treasure Ave., #33, Libby, MT 59923	293-8268
Kootenai Senior Apartments, 304 3rd St, Troy	295-4140

COMMODITY SUPPLEMENTAL FOOD PROGRAM

Eureka—Eureka Community Fellowship Church - Linda Setzer	296-0600
Libby—Rick Kesling	283-2314
Troy—Community Baptist Church - Cathy Foote	295-5948

SOCIAL AND HUMAN SERVICES

AARP Consumer Affairs Division (Complaints or questions)	444-9405
Alzheimers Information & Referral-national number	800-272-3900
American Cancer Society	800-422-6237
CARD Clinic (Center for Asbestos Related Disease) 214 E 3rd St.	293-9274
Citizen's Advocate in Helena	800-332-2272
Compulsive Gamblers National Information	800-522-4700
Elder Abuse-Adult Protective Services - Rod Boyer	293-3757
Human Resource Development Council-Fuel Assistance, Weatherization	293-2712

Human Resource Development Council-Fuel Assistance, Weatherization	293-2712
Helpnet ... Information & Crisis Referral, United Way 211	800-332-8425
Insurance Commissioner, State of Montana	800-332-6148
Medicare	800-633-4227
Montech assistive technology program	800-732-0323
Montana Board of Housing 836 Front St. Helena, MT	800-761-6264 or 841-2840
Montana Dept of Commerce, Reverse Annuity Mortgages (RAM)	800-761-6264
NARCS Anonymous	800-990-6262
Office of Public Assistance, PO Box 1570, Libby , MT 59923	293-3791
Social Security Administration	800-772-1213
Social Security-275 Corporate Dr. Suite D, Kalispell, MT 59901	888-487-0150
State Health Insurance Assistance Program (SHIP)	800-551-3191
Summitt Independent Living Center, Missoula Office	800-398-9002 or 728-1630
Summitt Independent Living Center, Flathead and Lincoln Counties	800-995-0029 or 257-0048
Veterans Affairs Montana Division, Kalispell	755-3795
Veterans Regional Office	1-800-827-1000
Veteran Service Office , Kalispell	758-2700
Veterans— Fort Harrison, Helena	877-468-8387 or 406-442-6410
Veteran's DAV transportation	406-447-7760
Veterans Transportation Service VTS	406-447-6270
Veteran's Primary Care Services, Libby Rural Health Clinic	293-8711
VFW Loan Closet-Hospital Equipment	293-7316
Victims Advocate, Lincoln County Offices	283-2415

TRANSPORTATION

Lincoln County Transportation Service	877-745-7433 or 293-8024
Serving Eureka, Tobacco Valley, Libby and Troy	
Addus Healthcare, Libby, (medical appointments)	293-9651

VOLUNTEER OPPORTUNITIES

Preventing Medicare Fraud (SMP)	800-551-3191 or 883-7284
(Preventing waste, fraud and abuse in health care)	
Foster Grandparent Program (FGP) , Micky Snyder, director	800-551-3191 or 883-7284
(Recruiting seniors over 55 to work with at-risk children)	
State Health Insurance Assistance Program (SHIP)	800-551-3191 or 883-7284
(Assists people over 60 with Medicare, Insurance and billing forms)	
Retired Senior Volunteer Program (RSVP) Libby and Troy	406-291-2271

Medicare Reminder - Flu Season

Medicare covers 100 percent of the cost of a **flu shot once every flu season**, with no Part B deductible required, if you go to a doctor or other health care provider who **accepts assignment**. Medicare also covers the pneumonia shot. Most people only need this once in their lifetime. Vaccinations for flu and pneumonia are available through your doctor, Public Health services, and at many pharmacies.

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110 Main Street, #5
Polson, MT 59860
Phone: 406-883-7284
1-800-551-3191 or 1-800-266-4188
Fax: 406-883-7363
Email: infoline@area6aging.org
Web Site: www.westernmontanaagingservices.org

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CHANGE SERVICE REQUESTED

If you would like to make a **tax deductible** donation to help us continue providing services to seniors and those with disabilities please send it to:
Western Montana Area VI Agency on Aging, 110 Main St. Suite 5, Polson, Montana 59860
If you would like to make a donation on a regular basis let us know and we will send you a reminder. You may also give a donation to Western Montana Area VI Agency on Aging, Inc. in the name of a friend or loved one for any occasion.
Call us at 883-7284 or 1-800-266-4188 if you need further information.

Western Montana Area VI Agency on Aging
Aging Service Help line: 1-800-551-3191 or 406-883-7284 or 1-800-266-4188
Information & Assistance

Advance Directives, Attorney Referral, Caregiver Options, Estate Planning, Housing, Home Maintenance, In-home Services, Long Term Care Planning, Nutritional Meals, Retirement Issues, Reverse Mortgages, Options Counseling, Powerful Tools for Caregivers Medicare/Supplemental Insurance, Commodity Supplemental Foods Program, Transportation

Long Term Care Ombudsman Service

Ombudsmen help residents of nursing homes, transitional care units and personal care facilities understand and exercise their rights to good care.

Volunteer Services

Preventing Medicare Fraud (SMP), State Health Insurance Program (SHIP), Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP)