



Contact us today at:
Case Management/Handyman (719) 687-3330
Transportation (719) 687-0256
www.tellerseniorcoalition.org

Senior Courier February 2017

Greetings TSC Friends,

As we head into February with the holiday season firmly behind us, it is time for many of us to get back to work at full speed and begin to tackle the challenges and improvements we foresee in the coming year. The Teller Senior Coalition is no different, as we consistently seek to improve our service to you.

We start the year with many exciting projects on opportunities. Transportation is growing through increased funding from the Federal Transit Administration and Title III of the Older Americans Act, so don't hesitate and call in for a ride when you need one. Also in transportation, we expect to increase our service to Medicaid eligible clients, so if you are on Medicaid and need a non-emergency trip to a medical facility please don't hesitate to call us. In addition to transportation improvements, we have the opportunity to expand our Rural Assisted Meals Program, which delivers frozen or shelf stable meals to your door. We also have some capacity within our other programs (Case Management, Respite Care, Community Café, Legal Aid, Counseling, Handyman), though some programs are limited.

In working with you as our valued clients, we feel that it is important to get your feedback regarding the quality and consistency of our service. Whether calling in to schedule a service or tell us how you feel about them, we need to hear from you.

Ralph Power, Executive Director

Do NOT Go Hungry

TSC wants to ensure that all seniors (age 60 or over) have access to sufficient food. We can deliver frozen or shelf stable meals to your house if you are geographically isolated or homebound. We can also provide you transportation to a local food bank for additional food items. Please call us at (719) 687-3330 if you find yourself needing additional food.

Volunteers

There are a variety of volunteer opportunities available. If you would like more information about becoming a driver, Community Café assistant, CHORE handyman, and more, call us today (719) 687-3330.

MEDICARE ADVANTAGE DISENROLLMENT PERIOD ENDS SOON

If you are dissatisfied with your Medicare Advantage Plan (whether you enrolled in a new plan during Fall Open Enrollment or at a previous time), you can disenroll from that plan and switch to Original Medicare during the Medicare Disenrollment Period from January 1 to February 14. If you switch to Original Medicare during this period, you will have until February 14 to join a Medicare Prescription Drug Plan to add drug coverage.

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Did you know? Our office is open for walk-in visits
Monday— Friday 9am-1pm.
Donations are always accepted, and appreciated!

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MEDICARE (Con't)

Your change will become effective the first of the following month. Other changes can be made if you are eligible for a Special Enrollment Period (SEP). The SEP allows you to make a change in your health and/or drug plan even if not during the standard enrollment or disenrollment periods. For example, most commonly a SEP is allowed if your Medicare

Advantage Plan leaves your area or you move out of the plan's service area. You can switch to another Medicare Advantage Plan or to Original Medicare during SEP. You can also use a SEP one time per year to change to a five-star Medicare Advantage Plan from your current plan if you live in the plan's service area. Medicare uses a star rating system (one to five stars) to measure how well a Medicare Advantage and prescription drug plans (Part D) perform. Numerous other special circumstances permit changes in enrollment during special enrollment periods. You can always get assistance with your Medicare and Medicaid questions from the local Senior Health Insurance Assistance Center (719) 635-4891. There is no charge for the Senior Health Insurance Assistance Center's expert assistance. Research shows that people with Part D or Medicare Advantage Plans could lower their costs by shopping among plans each year. For example, a plan in your area may cover the drugs you take with fewer restrictions and charge you less.

CarFit

CarFit is an educational safety program created by the American Society on Aging, AAA, and AARP. It is designed to help keep you safe and comfortable by improving the "fit" between you and your vehicle.

Trained volunteers will help you learn things such as:

- What is the clear line of sight over your steering wheel?
- What is the safe distance between you and the airbag?
- What is the proper position of your seat and mirrors?
- What is the proper use and fit of the seat belt?

CarFit checkups are free, fun and don't take much time. The next event is:

February 10, 2017

11:30AM-12:30PM

Woodland Park Senior Citizens Club
321 N. Pine St.

Woodland Park , CO

Call (719) 444-7534 to RSVP

Find more driver safety information on this month's Clip and Save page!



Need To Know Info!

Drivers Safety for Seniors *(Clip and Save)*

Licensing Requirements:

- Individuals 65 and over may hold drivers license, or an ID card, not both.
- May NOT renew online, must renew in office, or by mail (every other renewing cycle).
- 60 and over, may obtain an ID card in lieu of a drivers license for free.
- Re-examinations may be requested by Doctor or Law Enforcement recommendation.

Am I Safe To Drive:

Check any boxes that apply:

- ◇ Get lost while driving
- ◇ Friends/family are worried about my driving
- ◇ Cars seem to appear from nowhere
- ◇ Trouble finding and reading signs
- ◇ Other drivers drive too fast
- ◇ Uncomfortable or nervous driving
- ◇ Sleepy while driving
- ◇ Busy intersections bother me
- ◇ Left turns make me nervous
- ◇ Glare from headlights bother me
- ◇ Medicine makes me dizzy
- ◇ Trouble turning the wheel
- ◇ Difficulty backing up
- ◇ Forget to use mirrors or signals
- ◇ Trouble parking lately

If you checked any of these items, the safety of you or others may be at risk. You may want to consider attending a seniors safe

drivers course. Find more information on a safe drivers course at:

AAA: www.seniordriving.aaa.com

AARP Smart Driver: www.aarp.org/driving36

Self awareness is key to safe driving. We all want to maintain our ability to go where we want, especially as we grow older and enjoy more leisure time. With smart self-management, you can retain the independence that comes with driving, while limiting the risks to yourself and others.

The conversation regarding driving ability for both yourself, or if you have older parents, can be difficult, but don't let that stop you from having it. AARP offers a free online course titled "We Need To Talk" to prepare you for the conversation, and tells how to assess a loved ones driving skills. For more safety tips and information, visit: www.drivesmartcolorado.com/wp-content/uploads/2015/11/Older-Driver-Booklet-FINAL-PRINT.pdf

Need Help With Transportation?

If you are unable to drive, we are here to help. Our on-demand pick up service for appointments or essential errands allows you to remain independent and in your home. Call us today for more information, or to schedule your pick up.

(719) 687-0256