



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

Senior Courier January 2017

Happy New Year from the Teller
Senior Coalition!

Donations Appreciated

In the last 2 years, the TSC Transit division of Teller Senior Coalition has experienced major growth. Throughout 2016, ridership and Transit client services increased by 55%! Also in 2016, we introduced Out and About days, to assist our citizens abilities to get to essential locations throughout Woodland Park. We also started the exciting Monday night Burger Night! Each Monday has been well attended and we look forward to adding more events like it.

We are also a **NEMT (Non-Emergency Medical Transportation) Provider**. Non-Emergency Medical Transportation covered under Medicaid is an important benefit for eligible beneficiaries to get to and from medical services appointments but who have no means of transportation.

Call us at (719) 687-0256 for more information.

Maggie Reed
Transportation Manager

Help TSC to continue to provide our valuable services. Your donation helps to provide a ride to a necessary medical appointment, a needed home safety repair , a meal to a homebound senior, or caregiver support. Teller Senior Coalition is an IRS recognized 501 (c) (3) organization, and your donation is tax-deductible. Bring your donation to our office for a tour, or mail to PO Box 6956, Woodland Park, CO 80866.

CHORE Program

Our CHORE Program is a program that strives to provide a safer living environment for Seniors over age 60 through minor safety home repairs and/or installation of safety devices. The home safety repairs and installations are performed by TSC volunteer handymen. We often install grab bars in showers to protect against falls for our clients. Call us today to volunteer or if you need

New Fixed Bus Route

Check out the new Public Fixed Bus Route, running Wednesdays and Fridays. Our website has the most up to date information on the route and times.

www.tellerseniorcoalition.org



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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Holiday Gatherings

December brought snow, colder nights, and holiday gatherings. The Transportation Department celebrated their accomplishments with a Holiday Luncheon on December 10th. With an ugly sweater contest, games, prizes, and even a visit from Santa, staff and volunteers had a great time.

TSC Board Members, staff and volunteers celebrated with a buffet lunch at The Swiss Chalet on December 17th. Volunteers were recognized and the years' end was toasted.

We would like to thank all of our volunteers for their wonderful contributions during 2016!

Chris Brandt

Raymond Current

Anna Ezell

Geri Holman

Jim Kardong

Sherri Kardong

Ruth Williams

Jeanette Zupancic

Plus all of the TSC Board of Directors!

WE  VOLUNTEERS!

5 Health tips You Should Start Doing Today

Welcome to the New Year! Make 2017 your best year yet, by being active and healthy. Here are some actionable tips you can start doing today.

- **Walk Faster.** The intensity of your walks matter a lot. You want to feel like you are breathing a little harder and your heart rate is slightly above normal. Reduce the length of your walk, but push yourself just a little on the speed.
- **Drink 9 Glasses of Water.** If you are 65 or older, your mission is to get in 2 liters per day. Dehydration can cause confusion, blood pressure changes, headaches and muscle cramps.
- **Eliminate Refined Carbs.** Refined carbs can be found in foods like white bread, soda, etc. They convert to sugar when they hit the blood stream and are a stage-setting precursor for diabetes.
- **Keep Your Mind Sharp.** Staying mentally astute is one of the best ways to maintain your health and wellness. Read a novel, play board or cards games, write in a journal. Fun mental exercises can be found at www.sharpbrains.com.
- **Make Friends!** Interacting with other people in social situations is crucial. Head on over to the Community Café for lunch with friends at the Senior Center, located at 321 Pine St, Woodland Park.



Need To Know Info!

Financial help for seniors *(Clip and Save)*

Senior citizens and others living on a fixed or low income know how difficult it is to make ends meet, especially when costs for essentials like health care, food and energy increase faster than their sources of income. Here are a few cost-saving benefits available to people on fixed incomes – especially seniors:

Prescription Drug Assistance Programs. Most pharmaceutical companies offer patient assistance programs (PAPs) that provide uninsured and low-income people access to prescription drugs they couldn't otherwise afford. Ask your doctor, pharmacist or health clinic for details. Other money-saving ideas for medical expenses include:

- Government-provided programs that help people with limited income and resources pay for medical coverage, including Medicaid and Medicare. Ask your doctor about using lower-cost generic drugs and providing cash discounts for expenses not covered by your insurance.
- Several provisions of the recently signed health care reform bill will gradually reduce Medicare drug costs between now and 2020. For example, this year seniors who reach the so-called "doughnut hole" coverage gap (\$2,380 in 2010) will receive a \$250 rebate to lessen the financial burden.

Tax advantages. The IRS tax code includes several benefits that target seniors (and often, other lower-income taxpayers), including:

- A higher standard deduction amount for most people who don't itemize deductions, if they and/or their spouse are over 65 or blind.
- An additional tax credit for lower-income

people who are over 65 or disabled and file a 1040 or 1040A tax form.

- Certain home improvements made to accommodate medical conditions or disabilities with a doctor's recommendation may be deducted if you itemize deductions.
- Free tax return preparation assistance and counseling from IRS-trained volunteers is available to people over age 60, as well as low-to-moderate income folks and military families.

Government programs. Many government-sponsored benefits, grants and financial aid programs exist to help seniors, low-income families and others pay their bills, including:

- LIHEAP, the Low-Income Home Energy Assistance Program, which provides grants to help pay utility bills.
- SNAP, the USDA's Supplemental Nutrition Assistance Program (formerly known as food stamps), helps millions of lower-income Americans buy nutritious food each month.
- Rental assistance for low-income families is available from several U.S. Department of Housing and Urban Development programs as well as other state and local agencies.

This article is intended to provide general information and should not be considered tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how tax laws apply to your situation and about your individual financial situation.

Contact Leni Stevenson, Case Manager, at the Coalition for personalized assistance (719) 687-3330.