



AGING HORIZONS

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AGING PERSPECTIVES

PLANNING FOR OUR FUTURE

As the saying goes, “The times they are a changing”. This is true as we look at the Montana’s economy as well as the passage of national health care and it is also true when we begin to look at our communities and the aging of our society. As our communities age, we need to be looking at what is happening in our towns as the population ages.

The Aging Network is now beginning to plan for the next four years, as required by the Older Americans Act. This means that each Area Agency on Aging as well as the State Office on Aging is beginning to look at the future of our communities and what will be needed in the next four to ten years or more as our population ages. Here are a few items that folks should be considering as we enter into planning for the delivery of services to our most valuable assets, our elders.

- What is the current number and percentage of those 65 and older in your town?

Charlie Rehbein, Aging Coordinator

- What services will these folks need in the next four, ten or fifteen years?
- How many baby boomers (those who are between ages 46 and 64 years of age) live in your town? What kinds of services will they need in the next few years?
- What services are currently available to the elderly in your community by providers living in the community?
- What services are provided from outside the community? How far is it to the community that provides these services? Do people have to drive to the service or does it come to their homes?
- What services need to be developed or provided in your community that are currently not in place but are necessary to keep people in their homes and community for as long as possible?
- Can people continue to stay in their own homes and their community as their long term care needs change?

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AGING HORIZONS

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These are just a few questions that need to be considered as we plan for the next four years and beyond.

In order to plan, the Area Agencies on Aging as well as the State Office on Aging need your help. We need you to tell us what you think, what your needs are, as well as what you would like to see happen. If there is no planning, there will be services and what happens when everyone has to move to another town to get the services they need? What happens to your homes? What

happens to your town? Can local stores stay in business?

We are in this together - if you are alive, you are aging. If you continue to live, you may need some assistance at some point in time. Will it be there when you or your loved one needs it? It can be, if we begin to plan for it now. Please contact your local Area Agency on Aging at 1-800-551-3191 for information on how to get involved in the upcoming planning process.



2010 AGING CONFERENCE UPDATE

This year's Governor's Conferences on Aging, held in Polson May 10th & 11th, Lewistown May 11th & 12th and Miles City May 12th and 13th, have been declared a success by everyone involved.

About 550 people attended the conferences. The first day of each conference consisted of Fraud and Abuse sessions set up by Governor's Advisory Council member Al Ward. Al set up Continuing Legal Education Credits (CLE's) for attorneys and POST credits for Law Enforcement personnel. A big thank you goes to Al for all the hard work he did to coordinate all the presentations and presenters.

The second day varied at each location. The second day was arranged and scheduled by local committees in conjunction with the local Area Agency on Aging directors. Participant reviews at all the conferences showed an appreciation for local conferences and local planning. Another big thank you goes out to Duane Lutke, Karen Erdie, Lori Brengle and ALL THEIR STAFF for making the

conferences work. A lot goes on behind the scenes to make a conference work and everyone did that very successfully.

We were fortunate to find 127 Centenarians across the state. Twenty seven of them attended first day luncheons held in their honor. Presenting them certificates from Governor Schweitzer was Cindy Padilla, the Principal Deputy of the Administration on Aging (AoA) from Washington DC, an Obama appointee.

Also attending were Percy Divine and Susan Raymond, both from the Administration on Aging regional office in Denver. All three learned of the great distance we need to drive in Montana as they traveled from Polson, to Lewistown and Miles City in three days.

In 2011, we will be moving the conferences to the fall. The Governor's Advisory Council on Aging has not yet determined specific times and locations for the 2011 conferences. Stay tuned.

For more information, contact: Brian LaMoure, Conference Coordinator at (800)332-2272

2010 MINI GRANT PROGRAM

The Governor's Advisory Council on Aging is pleased to announce the 2010 recipients of the Mini Grant awards. The purpose of the Mini Grant Program is to help facilitate up front funding of innovative ideas that will serve senior interests in local communities. The Mini Grants were awarded at the annual Governor's Conference on Aging.

These one-time only Mini Grants range from \$500 to \$1,000. Activities eligible for funding included a full range of services needed by Montana's seniors such as training and education, development of support services, creating or enhancing on-going services to meet a specific or unmet need of seniors in the community.

The judges for this year's program included Janet Witt, National Committee to Preserve Social Security and Medicare (NCPSSM) and four members of the Governor's Advisory Council on aging - Betty Aye of Broadus, Gladys Considine of Missoula, Mary Lou Miller of Wolf Point and Jo Lynn Yenne of Bigfork.

The organizations receiving an award were:

- **Froid Senior Center** \$1000 to help purchase carpet for the senior center
- **Nashua Senior Center** - \$1000 to help build a handicap entrance and ramp at the senior center
- **Wathatau Senior Center** in Dodson - \$1000 to purchase a commercial bread maker for the senior center
- **Power Whistle Stop** - \$500 to buy a new kitchen range for the senior center

Other organizations applying included: Meagher Community Center, Area VI Foster Grandparents Program, Lincoln Senior Center and Miles City RSVP.

The awards were funded this year by the National Committee to Preserve Social Security and Medicare and fundraising by the Governor's Advisory Council on Aging.



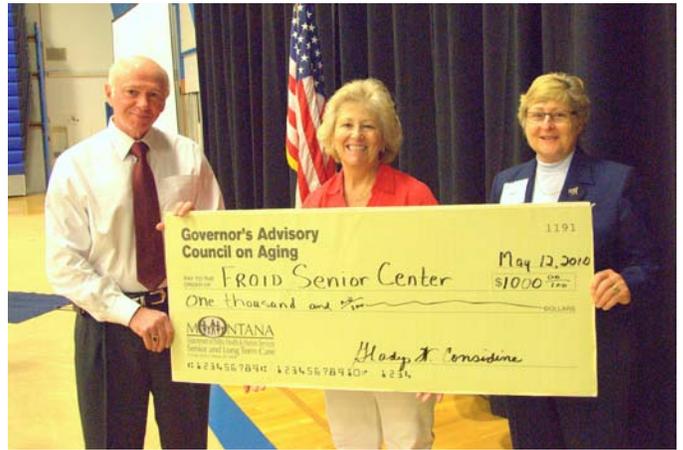
Pictured on the right receiving the award for the Power Whistle Stop is Karin Roehm, Director, Area III Agency on Aging with Janet Witt, NCPSSM



Pictured in the middle receiving the award for the Wathatau Senior Center is Kay James-Taylor with left Janet Witt, NCPSSM and right Jesse James Hawley, Governor's Advisory Council on Aging



Pictured in the middle receiving the award for the Nashua Senior Center is Vicki Wetz, Coordinator, Valley County Council on Aging with left Max Richman, NCPSSM, and right Janet Witt, NCPSSM



Pictured in the middle receiving the award for the Froid Senior Center is Dee Hanson, Coordinator, Roosevelt County Council on Aging with left Max Richman, NCPSSM, and right Janet Witt, NCPSSM

2010 CENTENARIAN RECOGNITION

The Governor's Advisory Council on Aging recognized 29 Montanans who were, or will be 100 years of age or older by December 31st 2010, at the 42nd annual Governor's Conference held on May 10th in Polson, May 11th in Lewistown and May 12th in Miles City.

The centenarians were recognized at a luncheon during their local conference. They received a free lunch and a centenarian recognition proclamation from Cindy Padilla, the Principal Deputy of the Administration on Aging in Washington DC. The following are the centenarians who were able to participate.

Dorothy Gall	104	Sidney	Daisy Swenson Buck	100	Great Falls
Bertha Welker	102	Ronan	Mary Ereaux Kuntz	100	Harlem
Elsie Fox	102	Miles City	Olive Campbell	100	Hysham
Mabel Snell	102	Hays	Albert Bender	100	Miles City
Olive Greene	101	Kalispell	Earl Harper	99	
Alma Koerner	101	Billings	Kenneth O Richards	99	Ronan
Doris Kay Uden	101	Miles City	Doris McCulloch	99	Bozeman
Elsie Swain	100	Kalispell	Helen Dougherty Weatherford	99	Joliet
Felicia Stimson	100	Whitefish	Margret Anna McKelvey Cole	99	Billings
Ivamay DiGiovanni	100	Kalispell	Pauline Sadler	99	Baker
Jackie Ward	100	Polson	Gladys Cain	99	Miles city
Ruby DenTienne	100	Hot Springs	Nick Peters	99	Wolf Point
Mary Ann Ferguson	100	Polson	Joe Danley	99	Forsyth
Mildred Eyre	100	Billings			



SENIOR CENTER/NUTRITION CORNER

This issue of the Corner highlights the Senior Farmers Market Nutrition Program which starts in select markets around the state this month.

Keeping with the produce theme, Eat Right Montana provides 5 ways to increase consumption of vegetables. Also highlighted is the menu review process through the State Consulting Dietitian and some policy changes for takeout meals.

For More information, contact: Doug Blakley at 1-800-332-2272

2010 SENIOR FARMERS MARKET NUTRITION PROGRAM



The Senior Farmers Market Nutrition Program will be starting up again this month in selected markets around the state. The program is funded through the US Department of Agriculture. The state receives about \$100,000 in funding to provide fresh produce for low-income seniors - those who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines. This translates to about \$1,670 or less a month for a single person or \$2,250 or less for a household of two.

The purposes of the Senior Farmers Market Nutrition Program are to:

- Provide fresh, nutritious, unprocessed, locally grown fruits, vegetables, and herbs from farmers' markets to low-income seniors, and
- Increase the domestic consumption of agricultural commodities by aiding in the expansion and strengthening of domestic farmers' markets.

Because of limited funds, the Program only operates in the market sites listed on the right. Contact the lead agencies for more information or to sign up.

Participants receive \$50 in coupons for the season. The Billings Food Bank operates a modified program in Yellowstone County.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability or sex.

BILLINGS

Billings Food Bank - 259-2856

BOZEMAN

Bozeman Senior Center - 586-2421

HAMILTON AREA

Ravalli Co Council on Aging - 363-5690

HELENA

Helena Food Share - 443-3663

LIVINGSTON

W Sustainability Exchange – 222-0730

MANHATTAN

Manhattan Farmers Market – 284-6574

MILES CITY

Custer County Food Bank – 234-3663

MISSOULA

Missoula Aging Services - 728-7682

5 DELICIOUS WAYS TO CHOOSE VEGETABLES WITH MAXIMUM NUTRITION

Here are two important facts to remember about vegetables:

1. They are packed with great taste and good nutrition; and
2. Few older Americans get the full benefit of vegetable nutrition, because few eat enough vegetables every day. All adults need a total of **2½ to 3 cups** daily.

Here's five ways to get vegetable power in your life.

1. Choose FRESH vegetables

Fresh vegetables are a super choice, especially in season and locally grown. Enjoy fresh veggies raw or cooked quickly to retain nutrients. Almost any fresh vegetable can be served in a tossed salad. Start with leafy lettuce, spinach or cabbage; add sliced carrots, peppers, cucumber, and tomatoes; and top with chopped broccoli florets or pea pods.

2. Choose FROZEN vegetables

When fresh vegetables are unavailable or too pricey, frozen broccoli, peas, green beans, or edamame (green soybeans) are excellent choices. Buy large bags, take out what you need for a meal, and then seal tightly and put back into the freezer. To cook, microwave for a few minutes, quickly mix into a stir-fry, or add to casseroles and soups.

3. Choose CANNED vegetables

Some canned vegetables, including tomatoes, pumpkin, and beans (black, navy, pinto, etc.) are inexpensive nutrition powerhouses. Canned tomatoes (including the roasted and flavored varieties) are perfect in sauces and soups. Canned pumpkin goes great in breads and muffins, while beans are some of the most versatile veggies (see #4 below).

4. Choose DRIED vegetables

Some sun-dried tomatoes make a delicious addition to many Mediterranean recipes, including pasta dishes and hummus, a dip made with mashed chickpeas. Whether you use dried or canned varieties, legumes (peas, beans, and lentils) are nutrition at its best and least expensive. Add legumes to soups and casseroles, as well as salads and dips.

5. Choose 100% vegetable JUICE

If you have your own juicer and an inexpensive source of fresh produce, veggie juice can be a refreshing and nutrient-rich beverage. If you are buying prepared juices, make sure that they are low in sodium and 100% juice products. Since no juice has the fiber benefits of whole vegetables, use juice for only 1 cup out of your daily 2½ to 3 cups.



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

ARE YOUR MENUS PROVIDING GOOD NUTRITION?

One of the duties of Minkie Medora, the consulting dietitian for Aging Network programs, is to review program menus – upon request. If you would like Minkie to review your menus, please send the necessary information to her and a review will be sent to you within 30 days.

The level of review and assessment of the menus depends on the type and amount of information you send. So, based on the information you can share, the level of assessment will range from a simple overview to a detailed report.

LEVEL 1: BASIC OVERVIEW

For this level you will need to send:

- a copy of the monthly menu.

The dietitian will look at this and make comments on the variety of foods, frequency of use of certain foods, inclusion of foods that would provide key nutrients and recommendations for adding or substituting certain foods.

This review will not tell you the nutritional content of the meals or determine if the amounts of foods in each serving are adequate. Thus, the recommendations will be limited to general comments, but is helpful in deciding if food selections are appropriate.

LEVEL 2: INTERMEDIATE REVIEW

For this level you will need to send:

- a copy of the monthly menu;
- portion sizes;
- clarification on the types of bread or other starches – whether they are made with whole grain or white flour; and
- List of food items on the menu that are ready-made.

This review will tell you about the nutritional quality of the menu in general, and tell you if there are meals that are not meeting the overall nutrition needs for that week. This review will provide specific recommendations for changes that may be needed.

LEVEL 3: DETAILED ASSESSMENT

For this level you will need to send:

- a copy of the monthly menu;
- portion sizes;
- clarification on the types of bread or other starches – whether they are made with whole grain or white flour, fat content of milk, whether canned fruit is packed in syrup, etc.
- list of food items on the menu that are ready-made; and
- recipes for any items that are unique to your menu, or that can be made many different ways. Some examples are: soups, casseroles, other baked dishes, stuffed chicken, barbecued ribs, fruit bars and parfaits.

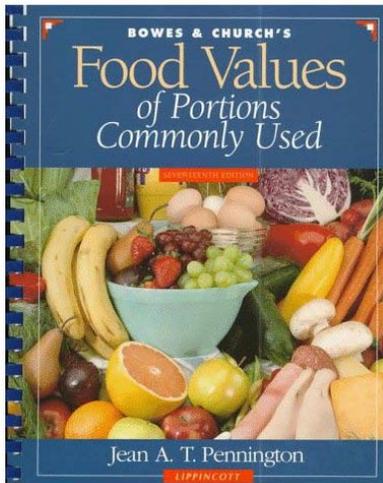
This review will tell you about the nutritional quality of each day's menu, areas where items could be added or removed, and the overall quality of the meals, including variety, color, texture and specific menus that need to have changes to meet guidelines.

Because this level of review is more complex, the review may take between 30-45 days to complete.

Follow up: For any review, please provide Minkie feedback from someone in your program so she knows if the review was helpful, if there were any questions, and if there was further information you needed.

For more information, contact: Minkie Medora, consulting dietitian, at (406) 549-3413

NUTRITIONAL RESOURCE AVAILABLE



We now have an excellent book that is available on loan to any Aging Network meals program: “**Food Values of Portions Commonly Used**”. This book is very comprehensive. It has a nutritional analysis of every single food item (from pre-packaged foods to fresh foods, meats, etc.), tables on Dietary Reference Intakes (DRIs) that show daily requirements of all nutrients (calories, protein, fat, carbohydrates, cholesterol, vitamins and minerals), food conversion charts, and much, much more.

If any program would like to borrow this book, it is a great way to become familiar with the nutritional quality of food. It is simple and easy to read and will allow you to do your own nutritional analysis of the meals you serve.

If you are interested in getting this book on loan, contact: Doug Blakley (800) 332-2272

NEW POLICY FOR TAKEOUT MEALS

A new policy has been developed to address the issue of congregate meal participants taking out meals from a congregate site. The policy is intended to provide guidelines to safeguard these takeout meals from congregate meal sites. Such takeout meals have the potential to pose significant health risks if not handled properly, including foodborne illnesses. The guidelines were developed at the request of providers and protect both congregate meal participants and congregate meal providers in situations where a participant is provided a takeout meal.

Participants can request a takeout meal for a number of different reasons, including:

- The participant has a family member or friend who cannot get to the congregate meal site for a short period because of illness

- The participant has a family member or friend who is unable to get to the congregate meal site and there is no home delivered meal program in the area to provide a meal
- The participant has requested an additional meal for themselves to take home to eat at a later time

The policy applies only to food prepared for that day’s meal that will be sent home. Note that all takeout meals must follow all Older Americans Act meals requirements, including RDAs, voluntary donation policies, qualified participant and meal requirements, and MASTS reporting requirements.

The policy outlines steps to follow in takeout situations and provides a form to document that the participant has been trained in appropriate food handling requirements.

For more details on the policy, contact: your local Area Agency on Aging

CLOSING THE PRESCRIPTION DRUG COVERAGE GAP

The Affordable Care Act passed by Congress and signed by President Obama this year contains some important benefits for Medicare recipients.

If you have Medicare prescription drug coverage, and aren't already getting Medicare Extra Help, Medicare will automatically send you a one-time \$250 rebate check after you reach the coverage gap (also called the "donut hole") in 2010. This rebate is the first step toward closing the Medicare prescription drug coverage gap.

What is the coverage gap and how will I know if I've reached it?

Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket for your drugs (up to a limit).

The Explanation of Benefits notice, which your drug plan mails to you each month when you fill a prescription, will tell you how much you've spent on covered drugs and whether you've entered the coverage gap.

Will I need to do anything to get this rebate check?

No. There are no forms to fill out. Medicare will automatically send a check that's made out to you. You **don't** need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check.

Don't give your personal information to anyone who calls you about the \$250 rebate check.

To report anyone who does this, call 1-800-MEDICARE (1-800-633-4227).

When will I get the rebate check?

If you reach the coverage gap this year and enter the Part D "donut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin to get mailed to beneficiaries starting in mid-June. The \$250 checks will be mailed by the Department of the Health and Human Services (HHS), and the HHS logo will be clearly displayed on the envelope.

Checks will be mailed monthly throughout the year as beneficiaries enter the coverage gap. However, this is a one-time benefit and beneficiaries who qualify will only receive one check after they reach the coverage gap.

What if I don't get the rebate check when I should?

Beneficiaries who hit the donut hole after the program has begun should expect to receive their check within 45 days.

Your rebate may be delayed if Medicare doesn't have information from your Medicare drug plan showing that you reached the coverage gap in time to include you in the next mailing. You should call your Medicare drug plan to make sure all of your information has been sent to Medicare.

If you don't get your rebate check, contact Medicare. Individuals receiving Medicare Extra Help will not receive a rebate check.

You can also check to make sure Social Security has your correct home address. Call 1-800-772-1213 or your local Social Security office. TTY users should call 1-800-325-0778.



For more information, contact: your local Area Agency on Aging at (800) 551-3191

UPON MY PASSING, WHAT DO I NEED TO HAPPEN

The death of a loved one is a very stressful and painful time. Survivors have a lot of tasks to carry out and important decisions to make. Many decisions must be made quickly. Under stress, people don't always respond like they normally would to all situations. Little problems can get blown way out of proportion.

If you do not leave clear instructions, your loved ones may struggle with deciding exactly what you would have wanted. If you have specific wishes that you want to be

followed, it is imperative that you discuss them with someone you trust before hand and put specific instructions in writing so your survivors can carry them out. You may also want to talk to your attorney, doctor or other trusted friends or professional before making your decisions.

The Legal Service Developer Program has designed a guide to help you to think about the many areas that are affected when someone dies. The following are some practical suggestions to consider.

The most important thing that you can do for your loved ones is to prepare for your own death by:

- Creating a will
- Deciding how you want your non-titled property to be distributed
- Creating letters of intent or final instructions
- Creating a living will or medical durable power of attorney
- Creating durable powers of attorney
- Making your own funeral arrangements. If you make your own funeral arrangements, you are relieving your family of this burden. You can benefit if you prepay for the funeral arrangements. You will receive what you purchased at the price you paid for it even if by the time you pass away, the same funeral arrangements cost much more.
- **Communicate, communicate, communicate.** It is important to have your wishes in writing. But, you also need to talk to your family members about what you are doing. It will give them a better understanding of your wishes. While people like to keep certain information private, there is nothing to be gained by keeping your financial information a deep dark secret. While you don't need to disclose everything about your finances, you should let someone know where you keep your financial information and your important papers.
- Do NOT put these documents in a safe deposit box. Your loved ones will need immediate access to these documents, and they may not be able to get into your safe deposit box for some time.

For more information on this topic or to obtain a copy of the full guide, contact:
John McCrea, State Legal Services Developer at (800) 332-2272

SENIORS HAVE HIGHER RISK OF DEATH IN HOME FIRES

An April 2010 report released by the [National Fire Protection Association](#) (NFPA), entitled *Characteristics of Home Fire Victims and Injuries*, finds that adults over the age of 75 are nearly three times as likely to die in a home fire as the general public. Adults 85 and over have more than three and a half times the risk of fire death as the general public.

The [report](#) also found that from 1980 to 2007, the share of home fire deaths accounted for by older adults, age 65 and over, increased from 19 percent to 29 percent. To help keep older adults living safely at home for as long as possible, NFPA offers the program [Remembering When™: A Fire and Fall Prevention Program for Older Adults](#), which includes the following eight fire prevention messages:



- **Smoke alarms save lives**
Have smoke alarms installed outside each sleeping area, on every level of your home, and in each bedroom. Have someone test each alarm at least once a month.
- **Give space heaters space**
When heaters are on, keep them at least three feet away from anything that can burn. Shut off and unplug heaters when leaving the room or going to bed.
- **If you smoke, smoke outside**
Use deep, sturdy ashtrays and wet cigarette butts and ashes before throwing them out. Never smoke in bed. Never smoke if you use medical oxygen.
- **Be kitchen wise**
Wear tight-fitting clothing or short sleeves when cooking and use oven mitts to handle hot pans. Never leave cooking unattended and do not cook if you are drowsy from alcohol or medication. If a pan with food catches on fire, slide a lid over it and turn off the burner.
- **Stop, drop, and roll**
If your clothes catch on fire: stop, drop gently to the ground and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3 to 5 minutes to cool the burn. Get medical help immediately.
- **Know your local emergency number**
It may be 9-1-1 or the fire department's number. Once you have escaped a fire, call the fire department from a neighbor's phone.
- **Plan and practice your escape from fire**
If possible, you should know two ways out of every room in your house and two ways out of the home. Also, make sure windows and doors open easily.
- **Plan your escape around your abilities**
Have a telephone in your bedroom and post the local emergency number nearby in case you are trapped by smoke or fire.

Article by the National Fire Prevention Assn

Find more safety information at: www.nfpa.org



ANNUAL RE-CERTIFICATION TRAINING

The Office on Aging has identified the 2010 Recertification dates for Ombudsman, SHIP, I/A and RAM. The training will be held in Billings in August and Missoula in September. Registration forms will be available soon.

Contact your local Area Agency on Aging for specific dates, times and locations.

2011 COMMUNITY SERVICES BUREAU CONFERENCE

**HERITAGE INN
GREAT FALLS
SEPTEMBER 15, 16 17**