

OUR PHONE NUMBERS ARE CHANGING



On December 13, 2010

Senior Options will switch to

(614) 525-6200.

Same location.

Same great services.

Now with a new number.

All other numbers for
Franklin County Office on Aging
will change too!

Just switch the “462” and “719” to “525.”

Prepare for Winter Weather

The National Oceanic and Atmospheric Administration (NOAA) released its 2010 U.S. Winter Outlook predicting extreme weather patterns for different regions of the country this winter, the Federal Emergency Management Agency (FEMA) is reminding individuals to get ready for winter storms and extreme cold.

Seniors should take extra precautions during the winter. Learn about the emergency plans that have been established in your area by your state and local government and ensure your home and car are prepared for the winter weather.

FEMA recommends you prepare an emergency supply kit, develop a family communications plan with up to date contacts and stay informed about the risks and weather emergencies in your community.

An emergency supply kit should include a three-day supply of food and water, a battery-powered or hand-crank radio, extra flashlights and batteries, prescription medicines and copies of prescriptions and adequate clothing and blankets.

Flu Vaccine

Getting the flu vaccine soon after it becomes available is also another important way for you to prepare for the winter season. People over the age of 50 are one of several groups recommended for a seasonal flu shot. Caregivers of seniors also fall under these general flu shot recommendations due to the possibility of spreading the virus to the individuals they care for.

- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010-2011 season vaccine is available.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.
- High risk groups include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

Medicare Scams --- Beware

The Affordable Care Act brings provides opportunities and benefits for America's seniors. Unfortunately, new opportunities for beneficiaries also bring new opportunities for scam artists to try and defraud seniors. Seniors should never give their Medicare ID number to anyone promising benefits or discounts under the new law. You should educate yourself about the new law to minimize the opportunity for deceit.

- Seniors are NOT required to do anything to receive any of the benefits of the Affordable Care Act. Seniors won't be issued new Medicare cards.
- No senior should ever give their Medicare number to any caller.

- Seniors should never sign a form without understanding its contents or knowing its source.

The Affordable Care Act gives seniors more control over their health care choices. Seniors are not required to make any changes to their Medicare plans. If they wish, changes can be made during the Open Enrollment period which takes place every year from November to the end of December. The Centers for Medicare and Medicaid Services (CMS) offers seniors various tools through its www.Medicare.gov website to compare health plans and drug costs under those and other plans. Seniors should be leery of anyone approaching them and encouraging them to switch plans.

GLBT Older Adult Resources

Senior members of the Gay, Lesbian, Bisexual, Transgender (LGBT) community face unique challenges as they age. Retirement and finances require special consideration, as well as, how to plan for personal care, support and end of life decisions. Traditional family networks may not be present due to the legal inability to enter into same sex marriages or the lack of children. Lack of a family support system may be due to personal choice or family lifestyle conflicts. Often friends and neighbors provide the assistance that many LGBT seniors need.

The Franklin County Office on Aging has developed a resource guide to assist members of the LGBT community meet the challenges of aging. Even if an LGBT person has financial security in the senior years, care still needs to be taken to make sure that other more personal wishes are in place and followed. Proper personal and financial planning can increase an LGBT person's chances for the best retirement possible. This resource guide does not replace individualized planning with qualified legal and financial professionals, but it addresses topics to be considered by LGBT persons as they age. To obtain a copy call the Franklin County Office on Aging at (614) 525-5230.

