

The Aging Advocate

A Publication of the INCOG Area Agency on Aging



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CONTACT US

Clark Miller
Director
918.579.9473
cmiller@incog.org

Reena Shetty
Planner
918.579.9477
rshetty@incog.org

Cheryl Lopez
Financial Monitor
918.579.9482
clopez@incog.org

Barbara McDonald
ADRC Counselor and
I&A Specialist
918.579.9486
bmcdonald@incog.org

**LTC Ombudsmen Su-
pervisors:**

Sarah Strecker
918.596.7210
sstrecker@incog.org

Loretta Bailey
918.596.7657
lbailey@incog.org

Lesley Smiley
918.596.7685
lsmiley@incog.org

Medicare Part D Open Enrollment Available Now through December 31

The Open Enrollment Period for Medicare Part D is now through the end of December, and it's time for Medicare beneficiaries to begin reviewing their prescription drug coverage for 2011.

There have been a number of significant changes in the Medicare Part D landscape for next year, including:

- There will be 33 stand-alone prescription drug plans in 2011, down 35% from the 46 plans available this year.
- Among the plans no longer being offered is First Health Part D – Secure which offered the least expensive monthly premium in 2010.
- Coventry AdvantraRX, which last year offered three popular plans, has pulled completely out of Oklahoma.

To bring Medicare beneficiaries up-to-date on all the changes for next year, INCOG Area Agency on Aging will be offering counseling sessions - in person & over the phone - through the end of the year. The counseling sessions offer beneficiaries free, unbiased help in comparing, selecting and enrolling in the plan that best fits their individual needs.

The 2011 Guide to Medicare Part D includes a review of the basics of Part D, details of all the Medicare Prescription Plans available in Oklahoma, a listing of all the Medicare Advantage health plans in Tulsa County, and information about the Extra Help available for beneficiaries with limited income and resources.

Call (918) 584-7526 to make an appointment with a Medicare Part D specialist





FREE Legal Resources and Services Available

Legal Aid Services of Oklahoma provides free legal assistance for persons age 60 and over in Creek, Osage, and Tulsa Counties. Legal Aid lawyers answer questions by phone about legal issues facing older Americans. Common questions include whether a guardianship is necessary when you are taking care of grandchildren, how to deal with bill collectors, and whether you need a will. Other issues involve arranging for someone to take care of your bills and deal with doctors if you get sick.

Lawyers are also available to draft basic legal documents, including powers of attorney, deeds, and living wills (advance directives). For help, call 918.428.4357 in Tulsa, or 1.800.534.5243.

INCOG Area Agency on Aging Project Listings

Programs listed below are funded by Title III Older American Act through the INCOG Area Agency on Aging

Senior Nutrition

At 23 senior-friendly locations in Creek, Osage, and Tulsa counties, delicious, nutritionally balanced lunches are served daily.

Tulsa Creek Senior Nutrition Project
918.835.4160

Osage County Senior Nutrition
918.287.2242

Home-bound seniors are eligible for home delivered meals.

Legal Assistance

Limited legal assistance for civil matters is available through the Older Americans Law Project.

Legal Aid Services of OK
1.800.534.5243

Homemaker Services

Assisting seniors to remain independent in their

own homes is part of the mission of IAAA. Light housekeeping, laundry, and shopping are part of the homemaker services

Oxford HealthCare
918.258.1111

Caregiver Support

Through the National Family Caregiver Support program, assistance in the form of training, counseling, or respite is available to caregivers.

Alzheimer's Association
1.800.272.3900

Transportation

Transportation assistance program for seniors that enable trips to the nutrition site, bank, doctors office or grocery store.

Creek and Osage County
Cimarron Public Transit System
918.762.3041

Tulsa County
Ability Resources
918.592.1235



Gift Ideas for Long-Term Care Residents

It is that time of year again to start thinking about what to buy for the person on your list that lives in a nursing home, assisted living, or residential care facility. If your budget is tight this year, think about how you can show your love with small gifts of kindness. Offer to read the "Night Before Christmas" to them or another holiday story, talk to your loved one about their favorite holidays, or ask them to tell you about a gift they received as a child that they treasured. Find out their favorite holiday song. Sing it to them or find a recording of it and play it for them. Give them an evening out to see the holiday lights around town and maybe hot chocolate on the side.

Residents always welcome a new sweater, night gown, house shoes, socks and a gift certificate for the facilities' beauty shop. Remember to mark the each item with the resident's name so they enjoy the items for many months.

The best gift of all is the time you spend with your loved one not only during the holidays but throughout the year!



Older Oklahomans Invited to Share Poetry

The Oklahoma Conference on Aging seeks entries for its annual spring Senior Oklahoman Poetry Contest.

Deadline for poetry entries is December 31, 2010. Contestants must be 60 years of age or older and be a resident of Oklahoma. All poetry must be original and each contestant may submit no more than one poem. All appropriate entries may be published on the conference website and in a booklet that will be distributed during the Oklahoma Conference on Aging. Poems can be submitted by e-mail to AgingServicesPoetryContest@OKDHS.org, or by mail to OKDHS Aging Services Division, Attention: Paula Cockrell, 2401 N.W. 23rd St., Suite 40, Oklahoma City, OK 73107.

Winners will be notified by April 20, 2011, and recognized at the conference on May 10, 2011 during Senior Day at the Embassy Suites Norman. All Oklahomans age 60 and older are invited to participate in Senior Day activities free of charge.

For complete contest information, contact INCOG Area Agency on Aging by calling the Senior Info-Line 1.800.211.2116, or by calling OKDHS Aging Services Division at 405.521.2281.

BECOME AN OMBUDSMAN VOLUNTEER!

Advocate for people living in Nursing Homes, Assisted Living, or Residential Care Facilities

TRAINING DATES:

Thursdays, February 10 & 17, 2011

Tuesdays, May 3 & 17, 2011

Wednesdays, August 3 & 10, 2011

9:30 am to 4:00 pm

Location:

Greenwood Cultural Center,
322 North Greenwood, Tulsa, OK

For More Information or to register contact:

IAAA LTC Ombudsman
Supervisors

Sarah 918.596.7210

ssrecker@incog.org

Lesley 918.596.7685

lsmiley@incog.org

Loretta 918.596.7657

lbailey@incog.org



Vincent Joins Osage County Senior Nutrition Project

For the past three years, Gayla Guinn has served as the Project Director of the Osage County Nutrition Project. Unfortunately, she has moved to Guthrie and will no longer be with the program. Her enthusiasm and professionalism has allowed the project to flourish during this period. As an example of the Osage County Commissions support of Gayla and the program was their willingness to fund the continuation of the program during the state budget shortfall experienced last year.

However, every transition brings opportunity, and we are fortunate to introduce our new Project Director, Kyme Vincent. Kyme recently moved to Pawhuska from the Denver area where she most recently worked as the Development Database Manager for the Boys and Girls Club, and previously as a Program Coordinator with the Volunteers of America. She also has experience in the food service industry and is an artist who has exhibited professionally for over 20 years.

She will continue the excellence shown by Gayla over the past several years. We wish Gayla the best in her new endeavors and look forward to working with Kyme!