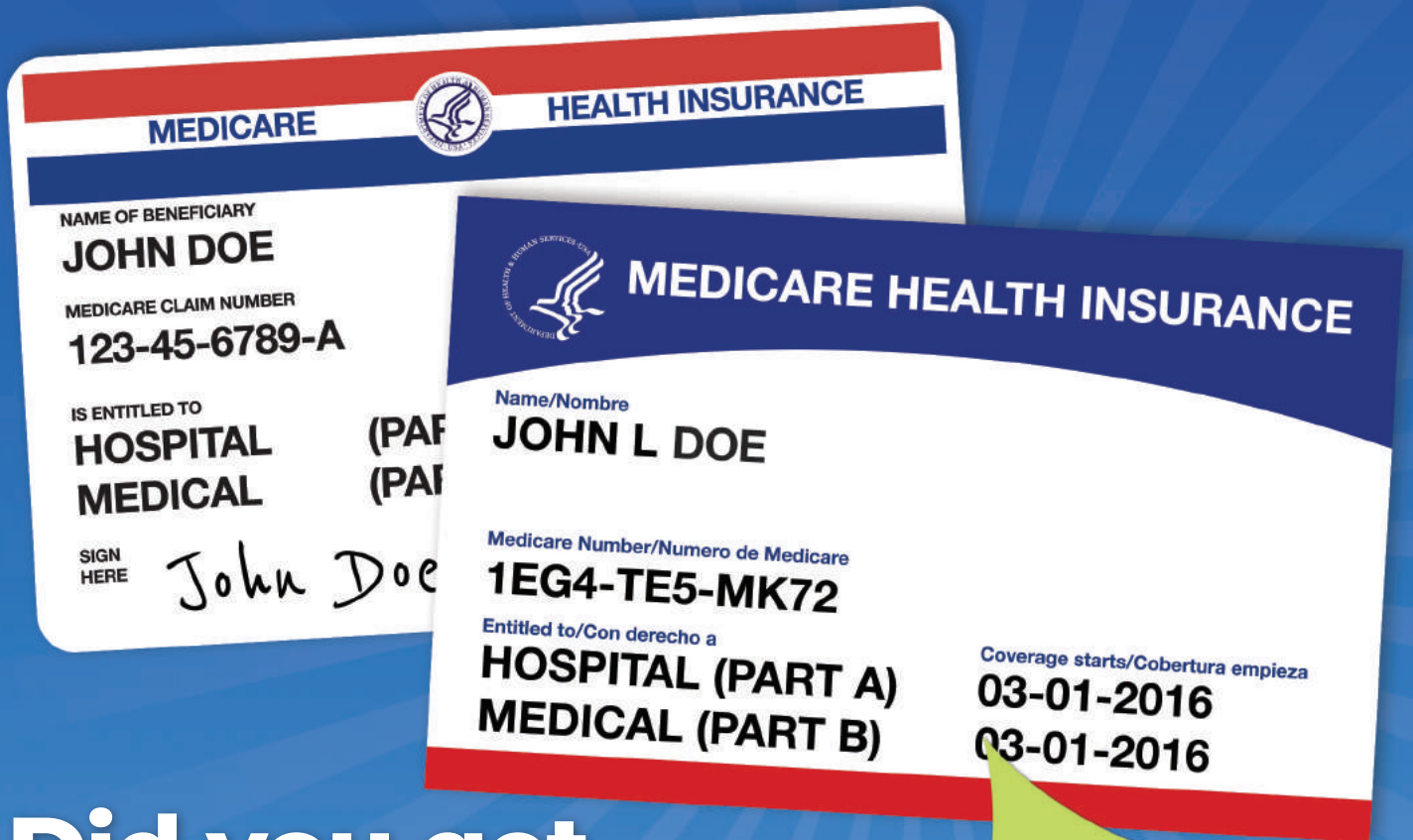


Seasons



www.blairsenior.org 

Issue #20



Did you get your new Medicare card?

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**Third Quarter
Senior Centers'
Calendar of Events**
Pg. 4

We Have Your Ride!
Pg. 13

Brain Teaser
Pg. 14

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Senior Farmer's Market Nutrition Program

During the months of June and July, Farmer's Market checks will be available at the following locations:

Central Blair Senior Center

1320 12th Avenue, Altoona

Tuesdays, Wednesdays, & Thursdays from 9 a.m. - 12 p.m.

Southern Blair Senior Center

15229 Dunnings Highway, East Freedom

Tuesdays & Thursdays from 9 a.m. - 12 p.m.

Northern Blair Senior Center

505 3rd Street, Tyrone

Tuesdays & Thursdays from 9 a.m. to 11 a.m.

Williamsburg Senior Center

423 West 2nd Street, Williamsburg

Tuesdays & Thursdays from 9 a.m. - 11 a.m.

After July 31, Farmer's Market checks will only be available at the Central Blair Senior Center in Altoona.

Seasons  Issue #20

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Seasons Magazine is published and distributed by Blair Senior Services, Inc. For more information on receiving our next issue and for more information on our programs and services, please call 814-946-1235, email: seasons@blairsenior.org or visit our website at www.blairsenior.org.

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Center Events

Please call to reserve your spot at least 24 hours before the event.

Central Blair Senior Center , 1320 12th Avenue, Altoona	(814) 946-1235
Northern Blair Senior Center , 505 3rd Street, Tyrone	(814) 684-7853
Southern Blair Senior Center , 15229 Dunnings Highway, East Freedom	(814) 317-5181
Williamsburg Senior Center , 423 W. Second Street, Williamsburg	(814) 832-3625

Like us on Facebook and visit our page for more information!

JULY

Monday, July 2 at 11:00 a.m.

Northern Blair Senior Center
Kip Woodring in Concert

Tuesday, July 3 at 11:00 a.m.

Williamsburg Senior Center
Patriotic Party

Tuesday, July 3 at 12:30 p.m.

Northern Blair Senior Center
Paint Party
Call Tina at 684-7853 to register.

Wednesday, July 4

Senior Centers Closed

Friday, July 6 at 10:30 a.m.

Central Blair Senior Center
Antique Appraisals with Creekside Antiques

Wednesday, July 11 at 11:00 a.m.

Williamsburg Senior Center
Back Porch Music with Dick McConnell

Thursday, July 12 at 10:30 a.m.

Northern Blair Senior Center
Phil McCaulley in Concert

Friday, July 13 from 5:00 p.m. – 8:00 p.m.

Central Blair Senior Center
Dinner Dance with Entertainment by The Master Keys
Call 946-1235 to reserve a meal

Tuesday, July 17 at 10:30 a.m.

Northern Blair Senior Center
Entertainment by Bill Ross, Jr.

Thursday, July 19 at 10:30 a.m.

Northern Blair Senior Center
Country Cool Concert

Thursday, July 19 from 12:30 p.m. – 2:30 p.m.

Central Blair Senior Center
Paint Party
Call 946-1235 to register

Thursday, July 19 at 2:00 p.m.

Central Blair Senior Center
Interested in becoming a Foster Grandparent or Senior Companion? Join us for an informational session to learn more! Please call Angel Dandrea at 946-1235 to register.

Friday, July 20 at 10:30 a.m.

Northern Blair Senior Center
Karaoke Sing-A-Long with Homemade Donuts



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Monday, July 23 at 10:00 a.m.
Southern Blair Senior Center
Intro to Dot Journaling Workshop
Call 317-5181 to preregister, \$6 fee

Monday, July 23 at 10:00 a.m.
Central Blair Senior Center
Interested in becoming a Foster Grandparent or Senior Companion? Join us for an informational session to learn more! Please call Angel Dandrea at 946-1235 to register.

Tuesday, July 24 at 10:00 a.m.
Central Blair Senior Center
Intro to Dot Journaling Workshop
Call 317-5181 to preregister, \$6 fee

Wednesday, July 25 at 10:00 a.m.
Northern Blair Senior Center
Intro to Dot Journaling Workshop
Call 317-5181 to preregister, \$6 fee

Wednesday, July 25 at 12:00 p.m.
Williamsburg Senior Center
National Hot Fudge Sundae Day
Make your own hot fudge sundae!

Wednesday, July 25 at 1:00 p.m.
Southern Blair Senior Center
Tai Chi for Arthritis Class Series
Continues Wednesdays at 1:00 p.m. through September 12

Thursday, July 26 at 11:00 a.m.
Northern Blair Senior Center
National Blueberry Month Blueberry Social with Music by Russell Walters

CONTINUED ON PAGE 6

BLAIR SENIOR SERVICES, INC.'S SAFETY MONTH EVENTS

Monday, July 2 at 11:30 a.m.
Southern Blair Senior Center
Safety Month Kick-Off

Monday July 9 and Tuesday July 10 at 9:00 a.m.
Northern Blair Senior Center
AARP Safe Driving Course
Call Tina at 684-7853 to register

Monday, July 9 at 11:15 a.m.
Southern Blair Senior Center
**Ombudsman Program:
Keeping You Safe in Long Term Care**

Tuesday, July 10 at 11:00 a.m.
Southern Blair Senior Center
Summertime Safety for Seniors

Wednesday, July 11 from 12:30 p.m. – 4:30 p.m.
Central Blair Senior Center
**Healthy Steps for Older Adults
Fall Prevention Workshop**

Thursday, July 12 at 10:30 a.m.
Central Blair Senior Center
Safety Bingo

Thursday, July 12 at 12:30 p.m.
Northern Blair Senior Center
**Healthy Steps for Older Adults
Fall Prevention Workshop**
Call Tina at 684-7853 to register

Friday, July 13 at 12:30 p.m.
Northern Blair Senior Center
**Ombudsman Program:
Keeping You Safe in Long Term Care**

Tuesday, July 31 at 11:30 a.m.
Southern Blair Senior Center
Safety Month Wrap-Up

Savor your independence.

Have confidence and peace of mind with help at the press of a button.

Call NOW for a FREE lockbox!

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Friday, July 27 at 1:00 p.m.
Northern Blair Senior Center
Glass Painting Class

AUGUST

Thursday, August 2 at 12:30 p.m.
Northern Blair Senior Center
Paint Party
Call Tina at 684-7853 to register.

Altoona Center for Clinical Research is recruiting volunteers for a clinical research trial studying the safety and efficacy of a Bioelectronic Medicine for the treatment of Rheumatoid Arthritis



You may qualify for this study if:

- You are between 22 and 75 yrs of age
- You have been diagnosed with rheumatoid arthritis (RA)
- You haven't received relief from RA pain with other types of treatment

Qualified participants will receive at no charge:

- Study-related medical care related to the implantation of the vagus nerve stimulator
- Study-related labs, tests and other assessments
- Study-related monitoring from a local Rheumatologist

This study involves implanting a device, about the size of a pill capsule, called a Vagus Nerve Stimulator on a nerve in the patient's neck. Researchers want to see if the Vagus Nerve Stimulation is a safe and effective treatment for RA patients. There is no charge to the qualified participant for this procedure.

Qualified participants may receive reimbursement for study-related time and travel

Altoona Center for Clinical Research
175 Meadowbrook Lane Duncansville
800-924-7790 ext. 224 or 814-693-0300 ext. 224

Monday, August 6 at 11:00 a.m.
Northern Blair Senior Center
Kip Woodring in Concert

Tuesday, August 7 from 10:00 a.m. – 12:00 p.m.
Central Blair Senior Center
Paint Party (Call 946-1235 to register).

Wednesday, August 8 at 10:30 a.m.
Central Blair Senior Center
Music Entertainment by Rue Moyer

Thursday, August 9 at 10:30 a.m.
Northern Blair Senior Center
Phil McCaulley in Concert

Friday, August 10 at 5:00 p.m.
Williamsburg Senior Center
Picnic at Royer Mansion
\$15 per person, includes meal and tour of the mansion
Please call Jamie at 832-3625 by August 6 to make reservations.

Tuesday, August 14 from 10:00 a.m. – 1:30 p.m.
Central Blair Senior Center
Carnival

Thursday, August 16 at 10:30 a.m.
Northern Blair Senior Center
Country Cool Concert

Tuesday, August 21 at 11:00 a.m.
Northern Blair Senior Center
Entertainment by Bill Ross, Jr.

Tuesday, August 21 at 10:00 a.m.
Central Blair Senior Center
Intro to Dot Journaling Workshop
Call 946-1235 to preregister, \$6 fee

Wednesday, August 22 at 10:00 a.m.
Northern Blair Senior Center
Intro to Dot Journaling Workshop
Call 684-7853 to preregister, \$6 fee



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Wednesday, August 22 at 12:30 p.m.
Northern Blair Senior Center
National Watermelon Month: Watermelon Social

Thursday, August 23 at 10:30 a.m.
Central Blair Senior Center
Fungal Presentation

Thursday, August 23 from 9:00 a.m. – 1:30 p.m.
Williamsburg Senior Center
Healthy Steps for Older Adults Workshop

Thursday, August 23 at 6:00 p.m.
Williamsburg Senior Center
Williamsburg Farm Show Parade: Ride on our float in the parade. Meet at the senior center at 5:30 p.m.

Thursday, August 23 at 11:00 a.m.
Northern Blair Senior Center
Music by Russell Walters

Friday, August 24 at 4:30 p.m.
Northern Blair Senior Center
Evening Dine and Paint
Call Tina at 684-7853 to register

Friday, August 31 at 1:00 p.m.
Northern Blair Senior Center
Glass Painting Class

SEPTEMBER

Tuesday, September 4 at 10:30 a.m.
Central Blair Senior Center
Sleep Study Presentation

Thursday, September 6 at 10:30 a.m.
Central Blair Senior Center
Cooking for One Presentation

Thursday, September 6 at 12:30 p.m.
Northern Blair Senior Center
Paint Party
Call Tina at 684-7853 to register

Monday, September 10 at 11:00 a.m.
Northern Blair Senior Center
Kip Woodring in Concert

Tuesday, September 11 at 9:00 a.m.
Central Blair Senior Center
Tai Chi for Arthritis Advanced Class Series
Continues Tuesdays at 9:00 a.m. through September 30

Monday, September 17 at 10:00 a.m.
Northern Blair Senior Center
Intro to Dot Journaling Workshop
Call 684-7853 to preregister, \$6 fee

Tuesday, September 18 at 10:00 a.m.
Southern Blair Senior Center
Intro to Dot Journaling Workshop
Call 317-5181 to preregister, \$6 fee

Tuesday, September 18 at 10:30 a.m.
Northern Blair Senior Center
Entertainment by Bill Ross, Jr.

Wednesday, September 19 at 10:00 a.m.
Central Blair Senior Center
Intro to Dot Journaling Workshop
Call 946-1235 to preregister, \$6 fee

Thursday, September 20 at 10:30 a.m.
Northern Blair Senior Center
Country Cool Concert

Friday, September 21 at 6:00 p.m.
Williamsburg Senior Center
Patsy Kline Tribute Concert and Dinner at the Williamsburg Farm Show Building
Call Jamie at 832-3625 to make reservations.

Friday, September 28 at 1:00 p.m.
Northern Blair Senior Center
Glass Painting Class

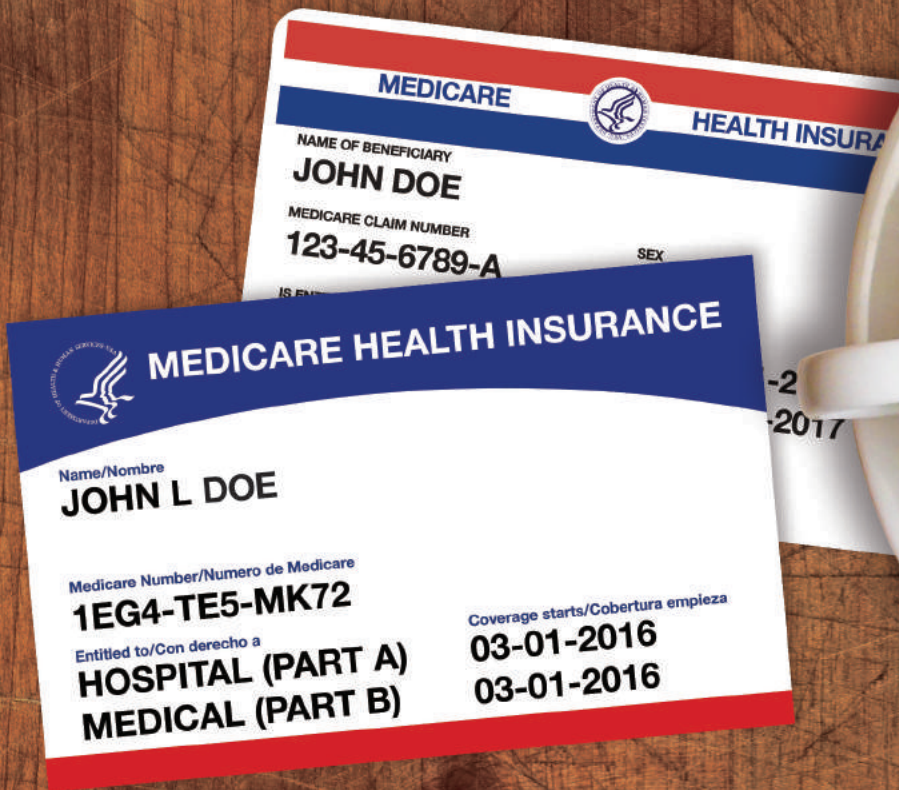


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Did you get your new Medicare card?

Social Security numbers are used for just about everything; including financial records, medical information and legal documents.

Medicare, the federal health insurance program for people 65 and older and people with disabilities, are removing Social Security numbers (SSN) off the cards it distributes to enrollees. Instead of identifying members by their Social Security number, the new cards will use a computer generated series of 11 letters and numbers. The cards will also no longer include a person's gender or signature.

Pennsylvania residents were among the first affected by the change and they should have received cards between April 2018 and the end of June 2018.

The reason for this change is meant to help defend you against identity theft, which affects a large and growing number of

seniors. By removing Social Security numbers from Medicare cards this will help to prevent fraud, fight identity theft, and keep taxpayer dollars safe.

The use of Social Security numbers on Medicare cards has long been problematic. Whether through theft or fraud, if your number falls in the wrong hands, it can be used to access your bank accounts, steal your Social Security checks, or fraudulently get medical care or prescription drugs in your name.

According to the Social Security Administration, a task force was created in 2006 to investigate identity theft. Because about 42 million Medicare cards display the full Social Security number, authorities feared that beneficiaries would be vulnerable to identity theft. Federal agencies have been recommending removal of the SSN for a number of years, and

“The updated cards provide more privacy protection and lowers the risk of identity theft.”

*– Melissa Hey,
Blair Senior Services, Inc.,
Apprise Coordinator.*

now the Department of Health and Human Services has until 2019 to issue new modernized Medicare cards to new beneficiaries and give out the new cards to those who already have existing Medicare cards.

“The change is long overdue”, states Melissa Hey, Blair Senior Services, APPRISE Coordinator. “You show your health insurance

card to a lot of people you wouldn't share your Social Security number with", she says. "The updated cards provide more privacy protection and lowers the risk of identity theft."

Ironically, the change has sparked a wave of new scams targeting people on Medicare. The new scams started almost as soon as the replacement card program was announced. In one typical scheme, fraudsters call Medicare beneficiaries on the phone and tell them that in order to get the new card they need to provide Social Security and bank account information, threatening to cancel their Medicare benefits if they don't provide both. None of which are true.

Seniors who account for 50 million people using Medicare, the other million are people with disabilities, are especially vulnerable to scams. Melissa Hey says, "Older adults are targeted more often because they are perceived to be more trusting. But scams can have a devastating impact on seniors who live on a fixed income and who don't have time to rebuild savings."

WHAT YOU SHOULD KNOW ABOUT YOUR NEW CARD

- **You don't need to do anything to get your card.** Medicare won't call you to ask for personal or financial information. Just make sure Medicare has your current

mailing address. If it needs to be updated due to moving in the past year or two, contact Social Security, which administers the Medicare program. You can update it online by creating an online account at www.ssa.gov/myaccount, or you can call 1-800-772-1213. You can also go to a Social Security field office.

- **Medicare coverage and benefits will NOT change.** Getting a new Medicare card and number will not change the coverage or benefits that people with Medicare are currently receiving. The new Medicare Beneficiary Identification number (MBI) will be used for billing and for checking eligibility and claim status.
- **There is no charge for the new Medicare Card.** There is absolutely no fee to get the new card. If anyone says otherwise, that should be a red flag that it's a scam.
- **You may not get your card right away.** The process of mailing cards will take time, and you may not get your new card at the same time as your friends and neighbors. All people with Medicare will be mailed new cards by April 2019. You can make sure your mailing address is up to date by contacting Social Security at www.ssa.gov/myaccount or 1-800-772-1213. TTY (Teleprinter/Teletypewriter) users can call 1-800-325-0778.

gov/myaccount or 1-800-772-1213. TTY (Teleprinter/Teletypewriter) users can call 1-800-325-0778.

- **You can use your current card until January 1, 2020.** There is a transition period during which you can use either your new Medicare card or your old card at doctors' offices and hospitals. Both should work until Dec. 31, 2019. After that, shred your old card—don't just put it in the trash. The new card is smaller, the size of a credit card, so it fits in your wallet more easily. Beginning Jan. 1, 2020, only the new card will be usable.

- **You should keep your OTHER Medicare cards.**

About one-third of people get their Medicare benefits through private insurance plans known as Medicare Advantage. Your Medicare Advantage card, which like the new Medicare cards, uses a unique identifier, not your Social Security number. This will not change and will still be your main card for Medicare.

But you may be asked to show your new Medicare card, too, so take that with you for your initial appointments. Same goes if you have a separate plan for prescription drug coverage, Medicare Part D.

CONTINUED ON PAGE 10

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• **You can get help if you are scammed.**

If you think you are a victim of identity theft or Medicare fraud, contact your state's Senior Medicare Patrol, a federally funded program to help Medicare beneficiaries, their family, and caregivers. You can also call the Medicare fraud tip line at 1-800-447-8477; the Centers for Medicare & Medicaid Services at 800-633-4227; or Blair Senior Services, Inc. APPRISE office at 814-946-1235. Unlike a Social Security number, which is difficult to change, you can get a different Medicare number if needed.

Melissa Hey said, "Ways to cut down on fraud with the new cards is first and foremost, keep the card in a safe place. Do not carry the new card in your wallet. After your initial visits with your doctors, pharmacy or if you have an appointment here with us, always return your new card to a safe, secure location in your home. Be sure to check and read all the statements you receive in the mail regarding your benefits. Check for costs not associated with any visits, prescriptions or 'fake' services you may be charged."

"Overall the new Medicare cards will make identity theft and theft of services for Medicare recipients less common. But be aware, scammers always find new ways. Please feel free to call our APPRISE office at 814-946-1235 if there are any questions we can help answer for you."

For more information on the new Medicare cards you can go to www.Medicare.gov. 

10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend or neighbor.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should take that card to your initial visit.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html, or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

*CMS Product No. 12018
January 2018*

3 Reasons Why Choosy People Choose CHOICES

By Sherry Pfister,
Choices Care Manager

Reason #1 Know Who Can Provide the Service You Deserve

Finding a home care agency to provide the quality of caring service that you want can be frustrating and choosing the right agency is one of the most important decisions you will ever make. When allowing a stranger into one's home, you are entrusting the well-being of your loved one to other people. Knowing the how, why and what questions to ask a provider can be daunting. The CHOICES Program can take the guesswork out of it for you.

The CHOICES Program at Blair Senior Services, Inc. has carefully screened our direct service provider

agencies to get you the answers to those questions so that that you or your loved one's needs are met. Hopefully, you can finally get a well-rested sleep at night.

Do you know that there are over 30 home care providers in Blair County? Blair Senior Services has a careful review process when contracting with providers and the top qualities we demand in our providers are reliability, trustworthiness, education and communication.

Our providers participate in a formal interview procedure prior to acceptance. In addition, all providers must be licensed, bonded and insured. Most of our providers have been active in our program since its inception in 2010.

Reason # 2 Know What Help You Need

When you are struggling with your own needs or being a caregiver, sometimes it is overwhelming to think about what you may need and what help is actually available. The CHOICES services are supervised and

directed by a Care Manager who will work with you to best determine your needs. The free in-home consultation includes a thorough assessment of your loved one's physical, emotional and cognitive wants and needs. Your CHOICES Care Manager has the knowledge and resources to monitor and refer other services to meet any other needs you may have.

Reason #3 Know How to Solve Problems

Despite everyone's best efforts, sometimes things go wrong or your needs change over time. It could be that an in-home helper that you love finds another job or the agency you have chosen is unable provide the amount of service that you want. Your CHOICES Care Manager is only a phone call away and is always available to help find a solution that you are satisfied with.

For more information on CHOICES, call Sherry Pfister at 814-946-1235 or visit the Blair Senior Services, Inc. website at <https://blairsenior.org/choices/>

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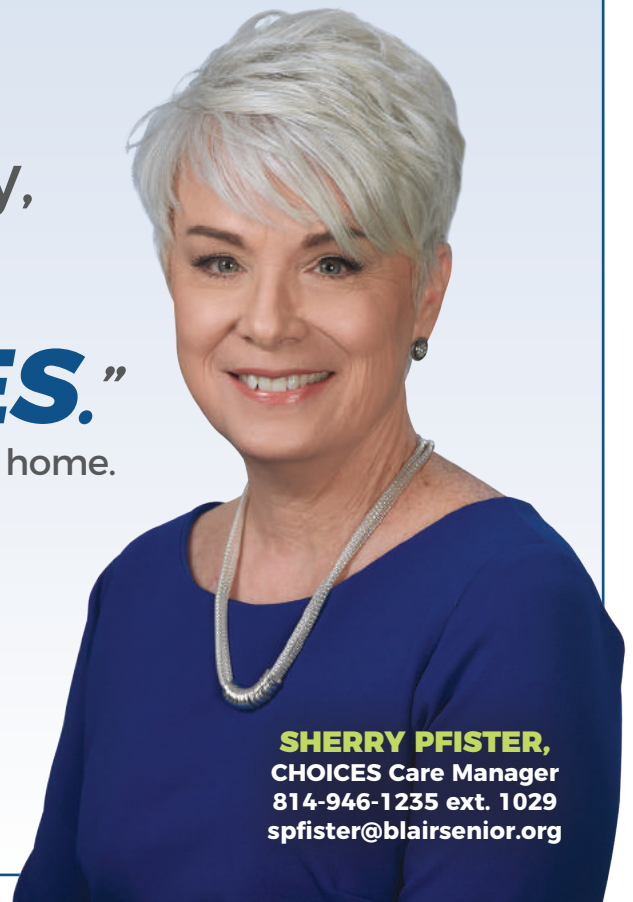
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www.blairsenior.org |



SHERRY PFISTER,
CHOICES Care Manager
814-946-1235 ext. 1029
spfister@blairsenior.org

EMPLOYEE SPOTLIGHT



Scott Moyer

Scott Moyer has been working for Blair Senior Services, Inc. for almost 2 years now. He initially applied with the Agency as a van driver, but ended up working in the APPRISE Department and helping with consumer education activities.



Scott Moyer

Scott meets with consumers regarding Medicare options and provides them with information and knowledge so they are able to choose the plan that is best or make informed decisions when changing their current plan coverage.

When asked what he likes best about working for Blair Senior Services, Scott stated, "I enjoy helping people. This is a way to get out of the house but know that I am making a difference by helping people. I also like the staff and all the education the Agency provides you to do the best job you can to help the consumers."

Scott's favorite memory thus far was the warm welcome he received from the staff when he first started with Blair Senior Services.

Scott stated he would definitely encourage people to work or volunteer stating, "Blair Senior Services has great opportunities in both the volunteer and work capacities. If you are looking for something to do you should try it. It's a great place to be and know you are part of an agency making a big difference in the senior community."

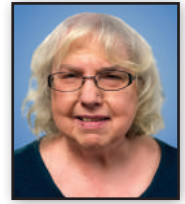
If you are interested in volunteering for one of the many programs at Blair Senior Services, Inc., please call 814-946-1235. 📞

VOLUNTEER SPOTLIGHT



Patricia Reidy

Patricia Reidy has been volunteering for the APPRISE Program and VITA Program at Blair Senior Services for the last 4 years. Patricia volunteers 1 day a week answering phones for the APPRISE program. Patricia worked for the telephone company for 45 years so she thought this would be a good fit for her. During tax season, she volunteers 3 days a week helping prepare taxes. "It has helped me to keep busy", states Patricia.



Patricia Reidy

For APPRISE, Patricia answers the phones and helps to answer very basic Medicare questions and is able to acquire information to direct the person calling to the right office or Medicare insurance counselor.

When asked what she likes the most about volunteering for Blair Senior Services, Patricia stated, "Everyone at Blair Senior Services is so helpful and nice. I enjoy getting out of my house and being able to give back."

Patricia would definitely encourage others to help volunteer saying, "There is always a need. Blair Senior Services provides so many services to the area and the more people who help the better it is for the volunteers and the consumers. It is a great way to stay busy and give back."

If you or your group is interested in volunteering for this program or any of the programs offered, please call Blair Senior Services, Inc. at 814-946-1235. 📞

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Do you remember when you got your driver's license? Oh the feeling of independence and freedom. And the day you got your first car was even better! No more needing to ask for a ride or for the use of your dad's or mom's car. You had your own car to get you to work, see friends, and go where you needed or wanted to be. Now as you grow older, you may have thoughts of not needing a car full time or can't justify the expenses. Maybe your health limits your driving abilities. This can create stress with thoughts of not having a ride when you need one or without bothering family and friends.

Blair Senior Services, Inc.'s door-to-door transportation services helps to ease Blair County seniors' concerns about having a ride to just about anywhere they need to go on Mondays through Fridays. It's very easy to schedule your ride by making a telephone call. One of the first people you'll get to know when you call is Katie Brinkman.

Katie is a Transportation Program Assistant in the Transportation Department. "On your first call for transportation, we will register you over the phone by asking some basic questions, which will take about five to ten minutes. After being registered, you can schedule your first trip the next business day," shared Katie. "Our riders schedule trips on the van to their doctors and health care appointments, to the hairdressers, and shopping. But, they also can use the van to visit their family and friends, go to work, to volunteer and for much more. We're here to help. We get our riders where they need to be, in less time and safely."

For more information and to schedule a ride, call 814-695-3500 or 1-800-458-5552, Monday through Friday, 8:00 a.m. to 4:30 p.m. Trips must be scheduled 24 hours in advance. 🍷



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Call to schedule your ride at **(814) 695-3500** or **800-458-5552**, Monday – Friday, **8:00 a.m. to 4:30 p.m.**, 24 hours in advance.



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