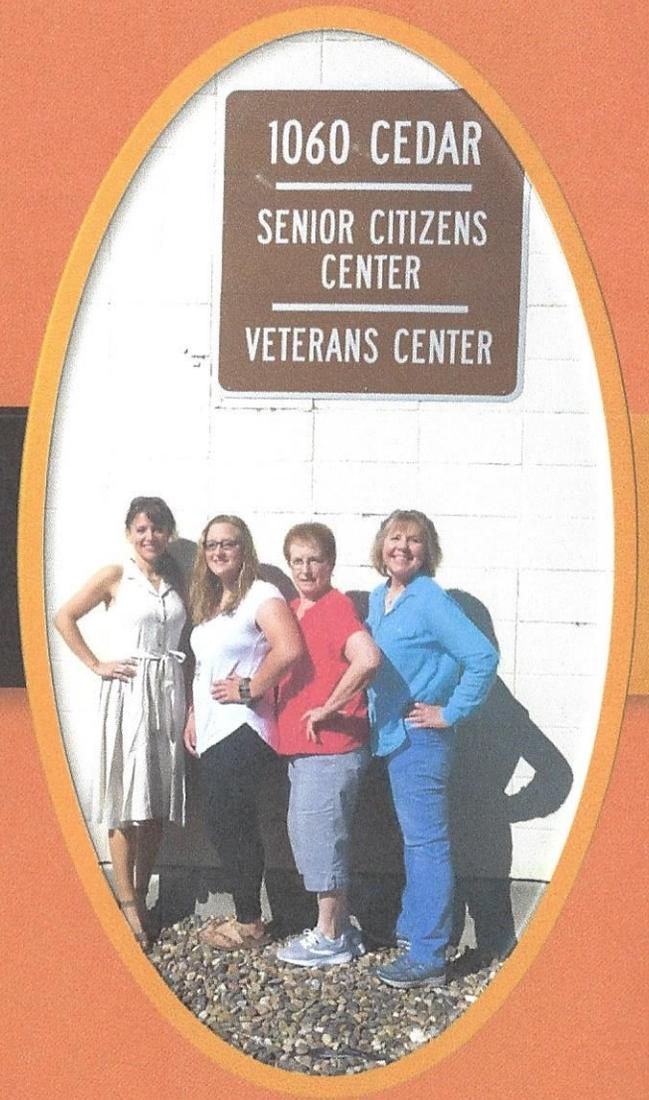


FORSYTH
SENIOR CENTER

October 2020

Newsletter



BIRTHDAYS FOR THE MONTH

FORSYTH
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October 4th: Martha Allison
October 11th: Delmer Meidinger
October 12th: Vickie Kraus
October 16th: Dynella Fennern
October 16th: Gerald Witmer
October 17th: Nancy Nile
October 18th: Ethel Winkley
October 24th: Gayle Holland
October 27th: Lavina Hall
October 30th: Dorothy Tallent



SERVICES

FORSYTH
SENIOR
CENTER

Coffee/social every morning from 9 am

In-house meals Monday to Friday at 12:00 (please call before 9:30) **CURBSIDE STILL AVAILABLE**

Home Delivered meals for housebound seniors.

Transportation to Billings on Tuesday and Thursday and to Miles City on Mondays, Wednesday and Friday for medical appointments.

Monthly trips/excursions (weather permits)

Exercises/Wellness:

- Indoor walking: Monday, Wednesday and Friday at 8:00
- Arthritis Exercise: Mondays and Fridays at 9:00
- Advanced Arthritis Class: Wednesdays at 9:00

Loan Closet: We loan people equipment to get back on their feet after surgery or illness.

Homemaking: Assistance to persons who are unable to perform day to day household duties and have no one available to assist them.

PROGRAMS

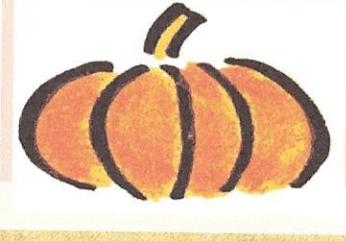
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- * **Commodities food boxes** monthly. Free of any cost, this program targets low income seniors. This person will receive a complete package of 30 pounds of food including canned veggies, canned fruit and meat. Milk, cheese, cereal and a sort of grains that come on the shape of pasta, rice or flour.
- * **Mail a Meal Program.** This is designed not only for seniors, it is designed for the whole family. It comes on a monthly box of 50 pounds of food with some prepared meals, like tortellini, pancake mix, oat meal, rice a Ronni type of boxes. It is very complete.
- * **SHIP Counseling.** Medicare/Medicaid State Specialist Miss Linda Wolff comes once a month to help everyone with their plans. Give us a call to schedule an appointment with her if needed.
- * **LIEAP Low Income Energy Assistance Program and Weatherization.** This program comes from Action for Eastern Montana. Out of Glendive but our senior center hosts it here for the county. They help financially with energy expenses related to heating your home. From October to April. No matter if you rent or own your home. They also have what they call the “Weatherization” program that helps this LIEAP eligible homes become more energy efficient. Once a home/ family gets approved, an energy audit will be done to the home for evaluation.

OCTOBER MENU

Please call 346-2878 by 9:30 am to reserve
 All Meals served with water, coffee, tea, juice and 2% milk
 SUGGESTED DONATION \$4.00

**FORSYTH
 SENIOR
 CENTER**

| | | | | |
|--|--|---|---|---|
| <p>5 <u>MONDAY</u> Chicken & Noodles Harvard Beets Fruit Salad Cake</p> | <p>6 <u>TUESDAY</u> Chipped Beef on Biscuits Peas/Carrots Fruited Jell-O Brownies</p> | <p>7 <u>WEDNESDAY</u> Potato Soup Beef Sandwiches Copper Penny Salad Fruit</p> | <p>8 <u>THURSDAY</u> COOK'S CHOICE</p> | <p>9 <u>FRIDAY</u> Salisbury Steaks Mashed Potatoes Corn Tossed Salad Peaches</p> |
| <p>12 CENTER CLOSED COLUMBUS DAY!</p> | <p>13 Sausage & Gravy over Biscuits Peas/Carrots Apple Crisp</p> | <p>14 Tomato Rice Soup Ham Sandwiches Pineapple Cake Pears</p> | <p>15 Polish Dogs Baked Beans Coleslaw Pineapple</p> | <p>16 Baked Cod Fish Mac & Cheese Buttered Beets Tossed Salad Fruit</p> |
| <p>19 Burgers on a Bun French Fries 3 Bean Salad Orange Fruit Jell-O</p> | <p>20 TACO TUESDAY</p> | <p>21 Ham & Bean Soup Tossed Salad Corn Bread Fruit</p> | <p>22 Baked Chicken Breast Mashed Sweet Potatoes Spinach Fruit Salad</p> | <p>23 Calico Beans Coleslaw Relish Tray Corn Bread Pears</p> |
| <p>26 Chicken & Rice Casserole Stir Fry Veggies Fruit Cobbler</p> | <p>27 COOK'S CHOICE</p> | <p>28 Chili Grilled Cheese Relish Tray Fruit</p> | <p>29 Tilapia Baked Potato Broccoli Normandy Fruited Lemon Pudding</p> | <p>30 Spaghetti Coleslaw Green Beans Fruit Brownies</p> |
|  |  |  |  |  |

Halloween

OCTOBER 2020 ACTIVITIES CALENDAR

Halloween

**FORSYTH
SENIOR
CENTER**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
INDOOR CARDIO
12:30 CASH BINGO!
DECORATE CENTER

2
8:00 EXERCISE
9:00 ARTHRITIS CLASS

5
8:00 EXERCISE
9:00 ARTHRITIS CLASS

6
12:30 INDOOR GAME DAY

7
8:00 EXERCISE
9:00 ADVANCED ARTHRITIS
CLASS

8
INDOOR CARDIO
12:30 CASH BINGO!

9
8:00 EXERCISE
9:00 ARTHRITIS CLASS

12
**COLUMBUS DAY!
CENTER CLOSED**

13
MONTHLY BIRTHDAY
PARTY
12:30 LINDA WOLFF FROM
ACTION AT CENTER

14
8:00 EXERCISE
9:00 ADVANCED ARTHRITIS
CLASS

15
INDOOR CARDIO
12:30 CASH BINGO!

16
8:00 EXERCISE
9:00 ARTHRITIS CLASS

19
8:00 EXERCISE
9:00 ARTHRITIS CLASS

20
TACO TUESDAY
12:30 OUTREACH CRAFTS

21
8:00 EXERCISE
9:00 ADVANCED ARTHRITIS
CLASS

22
INDOOR CARDIO
10:00 TRIVIA CONTEST
12:30 CASH BINGO!

23
8:00 EXERCISE
9:00 ARTHRITIS CLASS

26
8:00 EXERCISE
9:00 ARTHRITIS CLASS
TRIP TO COLSTRIP

27
CARD SOCIAL

28
8:00 EXERCISE
9:00 ADVANCED ARTHRITIS
CLASS

29
INDOOR CARDIO
12:30 CASH BINGO!

30 HALLOWEEN PARTY
8:00 EXERCISE
9:00 ARTHRITIS CLASS

ARHRITIS CLASS

Arthritis class is back at the center!! Mondays and Fridays are regular arthritis classes, and Wednesdays are advanced arthritis class! If you have any questions or concerns please give us a call at 406-346-2878.



FORSYTH
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TV SHOWS FOR THE ELDERLY!

AGING HORIZONS: The weekly TV show that Addresses Tomorrows Aging Issues, Today “If you are asking out it, we are talking about it”. Watch for us on the following Stations:

Sundays at 10:30AM on the following channels: KWYB – ABC Butte/Bozeman, KFBB – ABC Great Falls, KHBB – ABC Helena, KTMF – ABC Missoula/Kalispell.

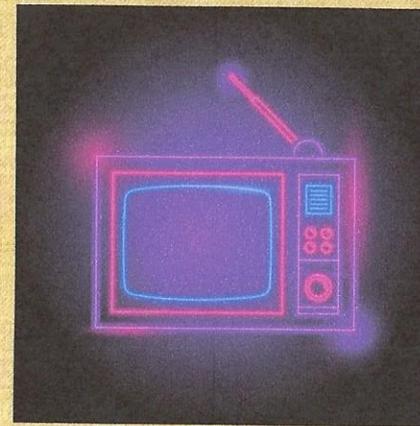
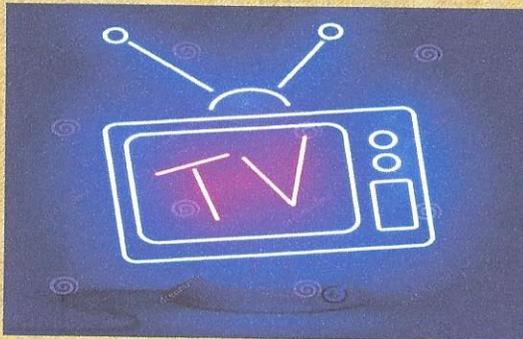
We will STILL be on SWX and NBC in Billings– Saturday at 9:00 on SWX and Sunday at 9:30AM on NBC (KULR8).

HEALTHY LIVING FOR LIFE: This weekly TV show offers a lineup of guests who will cover some tough topics like taking the keys from an aging parent, caregiver burnout and making end-of-life decisions. We’ll also have experts who can offer tips for staying safe in the hospital and getting the most out of visits with your doctor. Watch for us on the following station:

8:00 AM on Sunday mornings on KTMF, KFBB, KWYB and KHBB and 5:30 AM on KULR8.

Air times for SWX (cable television) are Saturdays at 9:30 AM.

You can also watch us on YouTube!



**FORSYTH
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SENIOR NEWS



Top 3 Tips for Fall Prevention

1. Check your Health

- If you have arthritis, osteoporosis, hypoglycemia, diabetes, blood pressure fluctuation or another condition that can affect your ability to walk, ask your doctor about symptom management methods. If you're otherwise experiencing symptoms that make you feel like you're going to fall, see your doctor immediately for an examination. Lastly, ask your doctor or pharmacist about stand-alone and combination medication side effects that can cause falls and any available alternatives. If you have limited options, change lifestyle habits to improve your chances of staying upright.

2. Stay Physically Active

- You've probably heard the statement: "If I stop moving, I'm done." This attitude is actually good because those words are correct and relevant at any age. Sedentary behavior causes leg and overall body weakness. It can also cause dizziness by compressing veins and arteries; thereby, stopping the movement of important oxygen-rich blood. Low activity can also damage the nerves responsible for movement and pain management. When these issues occur, they reduce your strength, flexibility, coordination and ability to walk confidently without wobbling, tilting or falling. So keep on moving!

3. Change Home Habits

- Your home's layout and the types of appliances and other items you use can also cause falls. Move or remove anything that can cause you to slip or trip, such as throw rugs, coffee tables, book piles and umbrella stands, and re-position cords and cables along baseboards. Choose assistive devices that make walking safer like canes and walkers. Glue a non-slip bath mat to the floor of your tub or shower. Additionally, install handrails in places where you walk or rise from a seated position so you have something to grasp if you feel like you're about to fall.

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Medicare Open Enrollment

Open enrollment for Medicare Part D (Pharmacy/medications) plan is October 15 through December 7th. If you decide to change plans the new plan will start January 1, 2021.

In order to have a part D plan you need to have Part A and B of Medicare. If you are new to Medicare you are able to enroll in a Part D plan during your initial enrollment period which is 3 months before you turn 65, the month of 65 and 3 months after without incurring a penalty. If you enroll after your initial enrollment period you will be subject to a penalty that is added to your plan for the lifetime of the plan unless you are receiving extra help due to low income.

If you get Medicare Part B for the first time later than you got Part A (for example if you were covered under an employer group health plan and then retired and dropped the employer plan) you can also enroll in Part D during the General Enrollment period April 1 June 30th.

As in past years, your local SHIP (State Health Insurance Program) counselor will be able to assist you in reviewing your current drug plan coverage and assist with enrollment in a new plan should you wish to change. Due to COVID precautions we will be assisting via mail and phone rather than in person. If you have worked with your local SHIP counselor in the past couple of years you will likely get a packet in the mail which you can complete and mail to your counselor and they will complete a plan comparison for you and call you so you make a decision as to whether you wish you keep your current coverage or let them know if you want them to enroll you in a different plan. If you do not get a packet feel free to contact your local SHIP counselor.

**FORSYTH
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**MEDICARE
& YOU**

Understanding Your
Medicare Choices



SCAM ALERTS!



FORSYTH
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Happening Now in Northeast Montana: Aging Services in Sidney just reported this story: “We had a gentleman that received a call from "Medicare" telling him they were going to issue plastic cards rather than paper and they needed to verify his information. They had a lot of info about him already and were VERY convincing. They even gave him the number to her direct line and her "federal ID number". In the end, he gave her his Medicare number and verified the list of things he is being treated for. They then got his Part D number also (possibly to get prescription pain killers?) They made a 2nd appointment with him to call and get his wife's info as she wasn't home at the time but luckily he called us before that call and we advised him to NOT give them anything. He will be coming in today so we can get him a new Medicare number issued and we will call the FTC so he should be fine.” Be careful out there, and get help if something like this happens to you.

HEAT BILL ASSISTANCE \$\$

If you qualify for **SNAP** benefits you qualify for **LIEAP**. Simply fill out a LIEAP Application.



FORSYTH
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No Cost Weatherization is another perk of being on the LIEAP Program

You can apply between October 1, 2020 & April 30, 2021

Income Guidelines 2020-2021

(before taxes or deductions)

- 1 Person Household: \$26,616
- 2 Person Household: \$34,805
- 3 Person Household: \$42,995
- 4 Person Household: \$51,184
- 5 Person Household: \$59,373
- 6 Person Household: \$67,563

Stay Warm
This Winter

The Forsyth Senior Center has applications, and if you need help or have any questions please call and make an **appointment** with Ana Thompson at 346-2878

EARLY LITERACY PROGRAM



October Early Literacy

STORY HOUR

October 2nd.....Nancy Nile

October 9th.....FHS Students

October 16th.....Susan Treible

October 23rd.....Keith Raymond

October 30th.....Mackenzie Dinstel

Story Hour is Fridays at 11:00 for preschoolers!



TOT TIME

is returning on Tuesday,
October 6th at 10:00am!

This interactive early literacy program is led by Children's Librarian Mackenzie Dinstel! Join us for singing, movement, stories, socialization, and imaginary play!

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Halloween Word Search

Q M T J V M P L P L S W R Y N Y
 S B R L E F W H X B V C L P K W
 P H P Q V F T O S H T F X H X H
 O B F H D J I J N O T E L E K S
 O R Q C A N D Y I F U Q I O O B
 K G H O S T S L K J J E N D O S
 Y M Z L G J F C P H E K Y J X Y
 I T E C O S T U M E S L A H X A
 V G A X B K L M U M M Y H A K S
 E A A B L Z S T P P I B U L H M
 D M W F I T P A R T Y Q G L C U
 A E Y Q N U G E S S L H Z O T S
 S S B J E C R F F K X P W I Y
 T R I C K U P T J A S L Z E W E
 F T Z Q W P X B J Q A B I E U W
 M T V C R J K U D T M U S N H O

BOO
 GAMES
 HALLOWEEN
 PARTY
 SPOOKY
 WITCH

CANDY
 GHOSTS
 MASK
 PUMPKINS
 TRICK

COSTUMES
 GOBLIN
 MUMMY
 SKELETON
 TREAT

www.thetypicalmom.com

FORSYTH
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HAPPY FINDINGS!



OTHER EVENTS IN THE COMMUNITY

FORSYTH
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October: Breast Cancer Awareness Month!

October 6th: Tot time at the Library at 10:00am!

October 13th: Monthly birthday party at the Forsyth Senior Center

October 13th: Linda Wolff from Action will be at the Forsyth Senior Center at 12:30 taking appointments.

October 22nd: Trivia Contest at the Forsyth Senior Center at 10:00 am

October 27th: Card Social at the Senior Center

October 30th: Halloween Party at the Forsyth Senior Center at 12:30pm

Bingo Every Thursday at 12:30 at the Forsyth Senior Center!

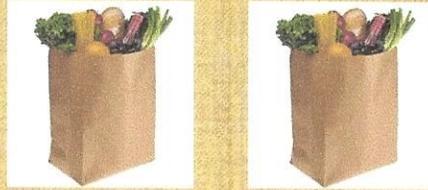
Every Monday at 12pm the Rosebud County Library has "Hungry High Schoolers Book Club" at 12pm

Every Friday at 11am Rosebud County Library will have story hour

Outdoor children's games/activities daily with library's story hour.



FOOD ASSISTANCE PROGRAMS



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Rosebud County Senior Centers are offering different Food Assistance Programs to serve seniors with a monthly box of food designed to meet their specific nutritional needs.

Contact Ana Thompson at 346-2878 for a confidential application

