

STA-WELL NEWS

Colorado Gerontological Society



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NEED A TELEPHONE BUDDY

If you would like to visit with someone, are lonely, isolated or depressed and want someone to check on you 1 to 2x per week, call 303-333-3482 and request a Telephone Buddy.

Develop new friendships and companions.



Colorado
Gerontological
Society
Leaders in aging

VIRTUAL MEDICARE MONDAY COMES TO YOUR LIVING ROOM

Join the Colorado Gerontological Society to get your Medicare Part A, B, C and D questions answered on your favorite device - smart phone, tablet, or computer. Click on the Medicare Monday Banner to register on HopIn at www.senioranswers.org. You can also call CGS and talk to our counselors; as well as the Pharmacy students for prescription drug advice. We can guide you to make health insurance decisions to meet your needs.

2022 MEDICARE EVENTS

1. Virtual Medicare Monday Educational Program

Register at senioranswers.org for Medicare Changes and/or New To Medicare.

2. Virtual Medicare Wednesday Lunch and Learn Series

Register at senioranswers.org for specific topics.

3. Comparison Shopping at Medicare Monday and Medicare Wednesday Lunch and Learn Series

Experts from health insurance companies will be available to discuss Medicare Advantage, Medicare Supplements and Prescription Drug Plans.

4. Individual Counseling

Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-855-880-4777 (Spanish) to schedule an individual appointment to discuss your needs.

5. Prescription Drug Review and Counseling with CU School of Pharmacy - Schedule appointments on October 26 and 27, November 2, 3, 9, and 10 between the hours of 4 and 8 pm to review your prescription drugs. Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-855-880-4777 (Spanish).

6. Medicare on the Porch

Drop by CGS, 1129 Pennsylvania St, Denver for a packet of information on 10/18, 10/25, 11/1; 11/8; or 11/15 from 8 am to 5 pm. Park in the driveway and grab your packet on the porch.

7. Podcasts - Listen on our YouTube Channel at youtube.com/user/COGerontology.

MEDICARE MONDAY PROGRAMS

DATE	TIME	TOPIC
Monday, Oct 18	9:30 am	Medicare Changes for 2022
Monday, Oct 25	1:00 pm	New to Medicare
Monday, Nov 1	6:00 pm	Medicare Changes for 2022
Monday, Nov 8	9:30 am	New to Medicare
Monday, Nov 15	1:00 pm	Medicare Changes for 2022

MEDICARE WEDNESDAY LUNCH AND LEARN SERIES

DATE	TIME	TOPIC
Wednesday, Oct 20	12:00 pm	Selecting A Prescription Drug Plan
Wednesday, Oct 27	12:00 pm	Choose a Medicare Advantage or Medicare Supplement
Wednesday, Nov 3	12:00 pm	Coordinating Medicare and Medicaid Benefits
Wednesday, Nov 10	12:00 pm	Using Medicare.Gov Online to Manage Your Benefits
Wednesday, Nov 17	12:00 pm	Using Telehealth to Meet Your Health Care Needs

EMERGENCY BROADBAND BENEFIT



The Emergency Broadband Benefit provides a \$50 per month discount towards broadband service for households that have an income of 135% of the federal poverty guidelines (\$1448/mo) or participate in programs such as SNAP or Medicaid. Households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from a participating provider if you pay between \$10 and \$50 toward the purchase price.

Households must complete an application, as well as contact a participating provider to select a service plan. Apply online at getemergencybroadband.org and then contact a participating provider or call 1-833-551-0311 for a print application in English or Spanish.

For a list of broadband providers or help with an application, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-855-880-4777 (Spanish). The program will end 6 months after the COVID-19 pandemic expires.

MEANINGFUL VOLUNTEER WORK



Are you looking for meaningful volunteer opportunity that is safe and that you can do from the comfort of your home. Sign up to become a Telephone Buddy.

The Society needs Telephone Buddies who are volunteers who spend 10 to 15 minutes with an older adult once or twice a week to reduce isolation, loneliness and depression. Volunteers check to make sure their Buddy has food, prescriptions, and other support.

Volunteers report their visits and help to identify the needs of older adults who are often living alone without a support system. Training is provided. Register at www.senioranswers.org or call 303-333-3482.

RESOURCES AND BENEFITS



The [Dental Program](#) makes grants to individuals who need dental care including exams, x-rays, fillings, extractions, and full and partial dentures to individuals age 60 and over in metro Denver and the West Slope south of I-70 and west of I-25.



The [Hearing Program](#) makes grants to individuals who need basic inner-ear or over-the-ear hearing aids. Individuals must live in metro Denver and be age 60 and over.



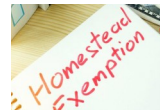
The [Vision Program](#) makes grants available for a basic eye exam, selected frames, and basic lenses (single vision or lined bifocal/trifocal) to individuals age 60 and over who live in metro Denver.



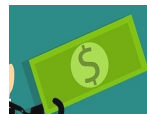
The [Colorado Low-income Energy Assistance Program \(LEAP\)](#) pays some of your winter home heating costs. Households with a gross income of up to \$2,619/mo (singles) or \$3,425/mo (couples) may apply. Applications ([English](#) or [Spanish](#)) will open November 1.



The [PTC rebate](#) provides cash benefits to older adults and disabled residents of Colorado. The cash benefit is a rebate of property tax, rent, and/or heat paid in the previous year. In 2020 older adults who made less than \$1,299/mo (single) or \$1,755 (couple) can apply. You can apply for the [2020 rebate](#) until December 31, 2022 and the [2019 rebate](#) until December 31, 2021.



The [Senior Property Tax Homestead Exemption Program](#) is available to home owners who have lived in their home for ten years or more. The Exemption provides a 50% reduction in the property taxes on the first \$200,000 of value. Apply at your county assessor's office before July 15, 2022 for tax relief on your 2022 taxes which will be paid in 2023.



[Payment to the Elderly and Disabled](#). Only Residents of Denver County age 65 and over or disabled can apply for a property tax, rent or heat rebate (in addition to the PTC 104 rebate). Income must be less than \$22,750/yr (single) and \$25,010/yr (couple) in 2020. Apply before April 30, 2022.



[Colorado Medical Exemption Program](#) (For Xcel customers only) is available to households that use more than 606 kilowatt hours of power per month from June through September for medical reasons. Income must be less than \$51,520/yr (single) or \$69,680/yr (couple). Applications are due May 1, 2022.

Black Hills Energy is also participating in the Colorado Medical Exemption Program. The Program is available year around. Individuals must make less than \$2658/mo (couples less than \$3592/mo).

Call 303-333-3482 or 1-855-293-6911 or 1-855-880-4777 (Spanish) for applications or to talk with a counselor.



2021 HOLIDAY BASKET APPLICATION

Volunteers from the Colorado Gerontological Society will be delivering baskets to low income older adults who are in need and will be alone for the holidays. Deliveries will take place in **THE METRO DENVER ONLY** on **Saturday, December 18, 2021 from 9:00 am to 4:00 pm**. Individuals must be home to receive the basket, otherwise it will not be delivered. Priority will be given to those individuals who are living alone, who do not have any relatives or friends with whom they will be spending any time during the holidays, and who are low income. If you meet this criteria, please return the Holiday Basket application. **Applying does not guarantee that you will be selected to receive a basket.** **RETURN BY NOVEMBER 15.**

1. **Do you live** ☐ Alone ☐ With Spouse ☐ With Family ☐ With Friends or a Roommate
2. **Who lives in your home?**
☐ Self ☐ Self & Spouse ☐ Self & Children ☐ Self & Grandchildren ☐ Self, Children, & Grandchildren ☐ Self & Friend(s)
3. **Do you live in** ☐ apartment ☐ private home ☐ boarding home ☐ townhouse/condo ☐ trailer
4. **What is the total monthly income for all persons in the household?**
☐ less than \$821/mo ☐ between \$821/mo and \$1,084/mo ☐ between \$1,085/mo and \$1,296/mo
☐ between \$1,297/mo and \$1,457/mo ☐ more than \$1,457/mo
5. **What is your race/ethnicity? Please check all that apply:**
☐ African-American/Black ☐ Asian/Pacific Islander ☐ Native American/Alaskan ☐ White ☐ Hispanic/Latino ☐ Other
6. **Have you traditionally celebrated the holidays with a special meal?** ☐ Yes ☐ Not recently ☐ No, just another day
7. **Will you be having a holiday dinner?** ☐ Alone ☐ With Spouse ☐ With Family ☐ With Friends/Roommate
8. **Will you receive visitors during the holidays? (Check all that apply)**
☐ No, I'll be alone ☐ Yes, I will be with my spouse ☐ Yes, I will be with family ☐ Yes, with friends/roommate
9. **Do you live in an apartment building?** ☐ Yes ☐ No
 9a. **If yes, will you be having a holiday dinner with residents who live in your building?** ☐ Yes ☐ No
10. **Do you usually**
☐ cook dinner for yourself ☐ go out to eat dinner ☐ have your spouse or family cook dinner for you
☐ have a caregiver cook dinner for you ☐ eat in the dining room in your building
11. **Can you cook a holiday dinner, or have a caregiver cook for you?** ☐ Yes ☐ No
12. **Do you have children or other family living in the Denver area?** ☐ Yes ☐ No
13. **Will you have family or friends visiting over the holidays?** ☐ Yes ☐ No
14. **Do you usually receive**
 - A prepared holiday meal from family or friends ☐ Yes ☐ No
 - A holiday meal from another agency ☐ Yes ☐ No
15. **Do you have (please check all that apply)**
☐ A Phone ☐ Voice Mail ☐ Call Waiting ☐ Call Forwarding ☐ Cell Phone ☐ Cell Phone and House Phone
16. **Did you apply for a LEAP payment to help pay for utilities** ☐ Yes ☐ No ☐ Not eligible
17. **Of the list below, indicate which of the following three problems are the most difficult for you?**

<input type="checkbox"/> Increasing rent	<input type="checkbox"/> Increasing taxes	<input type="checkbox"/> Food costs	<input type="checkbox"/> Low cost housing
<input type="checkbox"/> Fear of assault	<input type="checkbox"/> Safety on the streets	<input type="checkbox"/> Racism	<input type="checkbox"/> Theft from seniors
<input type="checkbox"/> Fraud	<input type="checkbox"/> More food stamps	<input type="checkbox"/> Paying bills	<input type="checkbox"/> High cost of gas and electricity
<input type="checkbox"/> Graffiti and trash	<input type="checkbox"/> Prescription drugs	<input type="checkbox"/> Cost of health care	<input type="checkbox"/> Cost of health insurance
<input type="checkbox"/> More transportation	<input type="checkbox"/> More RTD stops	<input type="checkbox"/> More Access-a-Ride transportation	
<input type="checkbox"/> Better response from police	<input type="checkbox"/> More entertainment for seniors	<input type="checkbox"/> COVID-19	
<input type="checkbox"/> Other _____			

NAME _____ Phone _____
 ADDRESS _____ APT # _____
 CITY/STATE _____ ZIP _____
 Date of Birth _____ Age _____ E-mail _____
 Emergency Contact _____ Emergency Phone _____

Please Return This Form by **11/15/2021** to:

COLORADO GERONTOLOGICAL SOCIETY

1129 Pennsylvania St, Denver CO 80203 · 303-333-3482 or 303-333-9112 (fax) or cogs@senioranswers.org

Colorado Gerontological Society
1129 N Pennsylvania St
Denver, CO 80203
303-333-3482 • 303-333-9112 (Fax)
www.senioranswers.org

Non-profit Organization
US Postage Paid
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Denver CO

Looking For A Way To Give Back and
Have Meaning for the Holidays

VOLUNTEERS NEEDED TO DELIVER
HOLIDAY BASKETS ON DECEMBER 18

Register at www.senioranswers.org

Visit

www.senioranswers.org

We have a new look.
Let us know your experience!

HOW TO SUCCESSFULLY AGING IN PLACE

Aging in Place is very important to older adults. The Society is offering monthly programs on zoom to provide information and resources to help older adults learn more about ways to successfully age in place.

Upcoming sessions - all sessions will be from 1:00 to 2:00 pm.

October 21	Using Medicare Benefits to Stay in Your Home
November 18	Prepare Your Home for Your Later Years
December	No meeting
January 20	Best Practices When You Need Home Repairs
February 17	Assessing Your Home for Fall Risks
March 17	Is a Reverse Mortgage a Good Fit For You
April 21	Property Taxes, Homestead Exemptions, Rebates and Deferrals



You will need to register on Zoom at www.senioranswers.org for each meeting to join on your computer, tablet, or smart phone. Call 303-333-3482 if you need assistance to register and or to get the sign-in number and passcode to listen on your phone. Sessions are free.

Previous Aging in Place sessions include:

- Using Technology to Stay In Your Home
- Living with Someone - Family, Friends or Roommates
- Downsizing to a Smaller Home
- Bringing Services in the Home
- Help to Stay in Your Home

Previous sessions are available at www.senioranswers.org or can be heard at [youtube.com/user/COGerontology](https://www.youtube.com/user/COGerontology).

HOUSING SUMMIT - NOVEMBER 2

Who: Denver residents who are renters or home owners

What: Aging in Place Summit and Awareness Campaign

When: November 2, 2021 from 9 am to 11:30 am

Where: Zoom -

[Register](http://www.senioranswers.org) at [senioranswers.org](http://www.senioranswers.org) or call 303-333-3482

Purpose:

1. Conduct a health impact assessment on the City and County of Denver's housing plan and the systematic ageism and racism in the plan for renters and home owners
2. Provide advocacy training
3. Organize with other older adults to work on solutions to meet the high cost of housing in Denver.
4. Develop a plan to work with policy makers and key influencers to change the current situation.
5. Develop a framework for an information awareness campaign

HELP TO FIND SERVICES

THE INTERACTIVE HOUSING AND HOME CARE LOCATOR AT WWW.SENIORANSWERS.ORG CAN HELP YOU SEARCH FOR CARE FOR A LOVED ONE. THE DATABASE CONTAINS PAYMENT INFORMATION, PAYER TYPE, SIZE OF FACILITY, AND SERVICES ON MORE THAN 2000 AGENCIES SERVING COLORADO OLDER ADULTS.

THE LOCATOR IS A COMPREHENSIVE LISTING OF HOUSING AND HOME CARE SERVICES IN COLORADO. VISIT US!