

Here comes **One Care**

What is the new **One Care** health plan?

Starting October 1st, Massachusetts will offer a new health care option for people between the ages of 21 and 64 who are on Medicare Parts A & B and either MassHealth Standard or CommonHealth.

One Care plans will coordinate all your Medicare and MassHealth medical and pharmacy services, plus personal care attendants, mental health services, substance abuse, adult day care, nursing facility care, dental services, hearing aids, vision care, chiropractic care, podiatry, and many other supports. You will also have a Care Coordinator to help you get the complete care you need.

There are currently 3 providers offering One Care plans, but not all plans will be available in all areas. Some parts of the state will not have any One Care plans available.

One Care is not a mandatory program. If you are eligible, you should receive a One Care information packet. If you don't choose a plan, MassHealth may sign you up for a plan. Keep in mind, you have the right to tell MassHealth that you want a different plan or that you do not wish to join any plan, but want to keep receiving your care the same way you do now. Individuals who join the plan before turning 65 can **stay** in the plan beyond the age of 65, but other plans for seniors are also available and should be investigated.

Before joining any plan, you can check to see if your current doctor or other providers are in that plan. You can also check to see if the medications you need are offered by that plan and whether or not you have to pay part of the cost for your prescriptions. Before joining any plan, you have the right to a free counseling session with a SHINE Counselor (Serving the Health Information Needs of Everyone) to help choose a plan.

Basic home care services—like help with bathing, dressing, toileting and walking—are available from One Care plans. To help you determine what long term services you need, you can opt to have a Long Term Services Coordinator on your care team. This coordinator is your advocate and is not an employee of the One Care plan. This LTS Coordinator is a new position not found in other health care plans. You can add a LTS Coordinator at any time.

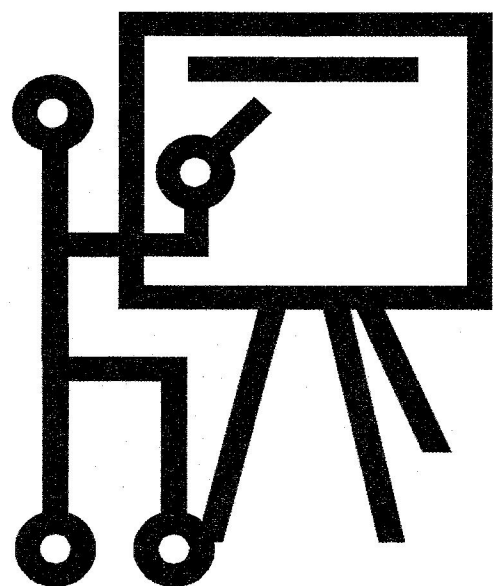
Working with your team, you will help develop a Personal Care Plan which will list your goals for remaining independent. Only people you want will be on your care team.

MassHealth will be mailing out an enrollment guide about each One Care plan to qualified individuals. The guide will include phone numbers to call for more information. When you get this information, you should choose a plan or inform MassHealth that you do not want to join any plan. If you do nothing, MassHealth may choose a plan for you. If you want to change what MassHealth selects, you will have two months to ask for another plan or to indicate that you do not want to be in a One Care plan.

If you get a packet in the mail, call 1-800-841-2900 to ask a MassHealth customer service representative any questions you have. Learn more at: <http://www.mass.gov/masshealth/onecare>.

Hearing Loss 101

Find out all you need to know about
age-related hearing loss.



Sponsored in part by the Friends of the Holmes Public Library, this free program will be accompanied by CART (Computer Access Real-Time Translation) projected on a screen to make it accessible to people with hearing loss.

Tuesday, October 22

11:00 a.m.

Holmes Public Library

470 Plymouth Street

Halifax, MA

781-293-2271

Presented by Jonathan O'Dell
of the Massachusetts
Commission for the Deaf and
Hard of Hearing.

DO YOU HAVE THE EARLY SIGNS OF HEARING LOSS? TAKE THIS TEST....

- Do you experience ringing or noises in your ears?
- Do you hear better with one ear than the other?
- Have you had significant noise exposure at work, recreation or while in the military?
- Do you find it difficult to follow conversations in a crowded room or noisy restaurant?
- Does it seem as if people are mumbling or not speaking clearly?
- Do you find it difficult to understand the speakers at meetings or religious services?
- Are you having trouble at work because you sometimes miss key pieces of information?
- Do you find yourself asking people to speak up or repeat themselves more often than you used to?
- Do you experience difficulty understanding soft or whispered speech?
- Do you turn up the volume on the t.v. to the point where it disturbs your family or neighbors?

If you answered "yes" to 3 or more of the questions above, it's time for a HEARING TEST !

Come to the COA on Wednesday, October 23rd from 1-3pm to participate in a screening! You can be helped and learn about the most advanced hearing technology available.

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Quote of the Month:

Autumn is a second spring when every leaf is a flower.
Albert Camus

Be informed! Medicare open enrollment runs from Oct.

15th to Dec. 7th. It's a great time to review your Medicare

Advantage and Rx plans to make sure that they are meet-

ing your needs. Occasionally, drug plans change their formularies and it may be cheaper to look at other options. We suggest that you make an appointment with Maria, our SHINE counselor by calling our office. Simply bring your Medicare card, Health insurance cards, and a list of your prescriptions as it appears on the bottles. Thank you, Maria, for your time and knowledge to guide us to make informed decisions!



WHAT IS TRIAD? It is a community communication effort between Halifax Fire, Police, Council on Aging and County Sheriff's Dept. to increase senior's safety through education, programs and crime prevention. We are extremely grateful for their ongoing efforts to keep our seniors safe and informed. The next meeting to attend will be

Tuesday, October 1st, 10:00 a.m

at the Halifax Police Department. Carol Elliott, R.N. will speak on the challenges as we age with regards to mental, emotional and physical changes. Bring a friend!

FUEL ASSISTANCE SEASON IS HERE—Recertification's & First Timers—HOW TO APPLY

The COA will be taking appointments on Tuesdays & Wednesdays from 1:00—3:00pm with Outreach Worker Joyce Curran and Assistant Outreach Worker Elaine Marzill through the winter months. All information shared is held confidential.

Bring with you: Recent electric, phone & fuel bills; 4 recent pay stubs or annual award letter or pension statement from Social Security for each person in household; Veteran benefits, worker's comp or unemployment benefits; Interest bearing accounts, child support, alimony, other income; tax bill, rent receipt or land rent; social security cards for all in household, photo ID; mortgage accounts/Homeowner's policy. Below are 3 sample levels of annual income that meet the Commonwealth's criteria for income to receive Fuel Assistance:

Family size of 1 = \$ 11,170 (min.) — \$ 31,271 (max.)


Family size of 2 = \$ 15,130 (min.) — \$40,893 (max.)

Family size of 3 = \$19,090 (min.) — \$ 50,515 (max.)

If you need a ride to the office, call us for the Senior Van or, if you're homebound the Outreach Worker will be happy to visit you in the privacy of your own residence.

Old Colony Elder Services Nutrition Program - Menu

Oct-13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tortellini w/ Meat Sauce Broccoli Wax Beans Pumpernickel Bread Pears	2 Sweet 'n Sour Chicken (breast) Dirty Brown Rice Oriental Veggies Multigrain Bread Apricots	3 Omelet w/ Cheese O'Brien Potatoes Peas Oatmeal Bread Fruit Loaf MOD: Apple Grahams	4 Fish with Lemon Pepper Sauce Garlic Mashed Potato Honey Carrot Coins Rye Bread Fruit Cocktail
	Calories: 760 Fat: 23% Sodium: 840mg Fiber: 12g	Calories: 640 Fat: 21% Sodium: 670mg Fiber: 9g	Calories: 742 Fat: 38% Sodium: 835mg Fiber: 7g	Calories: 655 Fat: 32% Sodium: 835mg Fiber: 7g
7 WG Stuffed Shells w/ Meat Sauce Cauliflower Green Beans Oatmeal Bread Peaches	8 Cheeseburger Tater-Tots Peas and Onions Hamburger Roll Ketchup Mandarin Oranges	9 Roast Turkey Slices w/ Gravy Mashed Potato Broccoli Garlic Roll Rice Pudding MOD: SF Pudding	10 Chilled Tuna Plate Baked Chips Carrot Raisin Salad Pita Bread Diced Pears	11 Sage Stuffed Chicken (breast) w/ Apple Cider Gravy Buttered Noodles Spinach Multigrain Bread Cinnamon Peaches
	Calories: 790 Fat: 40% Sodium: 1200mg Fiber: 6g	Calories: 630 Fat: 29% Sodium: 1200mg Fiber: 6g	Calories: 760 Fat: 34% Sodium: 950mg Fiber: 10%	Calories: 650 Fat: 21g Sodium: 890mg Fiber: 11g
14 Columbus Day No Meals Served 	15 BBQ Beef Riblet Vegetable Soup ** Roasted Potatoes Sesame Roll Hot Cinnamon Apples	16 Pier 17 Fish w/ lemon slice Mashed Sweet Potato Zucchini Pumpernickel Bread Spiced Apple Cake MOD: Low Sugar Cake	17 Grilled Chicken Florentine Sauce Wild Brown Rice Blend Broccoli Whole Wheat Bread Strawberry Cup MOD: Pears	18 Meatloaf with Gravy Mashed Potatoes Peas & Carrots Wheat Dinner Roll Pumpkin Pudding MOD: SF Pudding
	Calories: 720 Fat: 29% Sodium: 1220mg Fiber: 9g	Calories: 700 Fat: 34% Sodium: 800mg Fiber: 4g	Calories: 690 Fat: 33 Sodium: 725mg Fiber: 11g	Calories: 810 Fat: 29% Sodium: 1000mg Fiber: 8g
21 Reduced Sodium Hot Dog on a Bun Ketchup/Mustard Relish Potato Wedges Carrot Coins Applesauce	22 Teriyaki Chicken Brown Rice w/ Peas Oriental Vegetables Multigrain Bread Mandarin Oranges	23 American Chop Suey Spinach Whole Wheat Bread Butterscotch Pudding MOD: SF Pudding 2 compartment tray	24 Wild Salmon w/ Lemon Dill Sauce Brown Rice Orzo Pilaf Cali Blend Vegetables Wheat Bread Fresh Apple	25 Hawaiian Pork Sweet Potato Zucchini Rye Bread Snack 'n Loaf MOD: Lemon Grahams
Calories: 954 Fat: 45% Sodium: 1450mg Fiber: 9g	Calories: 590 Fat: 20% Sodium: 780mg Fiber: 10g	Calories: 700 Fat: 27% Sodium: 660mg Fiber: 9g	Calories: 635 Fat: 30% Sodium: 525mg Fiber: 10g	Calories: 720 Fat: 30% Sodium: 540mg Fiber: 4g
28 Greek Chicken Herbed Bowties Peas & Carrots Whole Wheat Bread Fresh Orange (breast)	29 Fish Sticks Tartar Sauce Broccoli Beets Oatmeal Bread Peaches Tomato Soup \$	30 Macaroni & Cheese Green Beans Zucchini & Tomato Pumpernickel Bread Fresh Apple	31 Happy Halloween Ghoulish Goulash Ghostly Brown Rice "Candy" Corn "Tombstone" Rolls Devil's Cake MOD: Low Sugar	** Soup on 10/15 served home and congregate \$ Soup on 10/29 served to congregate only Milk and margarine are served at every meal ❖ Indicates entrée has > 700 mg Sodium
Calories: 650 Fat: 20% Sodium: 630mg Fiber: 11g	Calories: 640 Fat: 35% Sodium: 950mg Fiber: 8g	Calories: 700 Fat: 33% Sodium: 770mg Fiber: 10g	Calories: 770 Fat: 36% Sodium: 660mg Fiber: 5g	

Menu is subject to change without notice
Suggested Donation - **\$2.50 per Meal**