



Benefits for Seniors.... Making Sense of all the hype

Anyone who has turned 65 years old, or who may soon turn 65 years old, knows that the amount of mail they receive and advertisements they see concerning senior benefits can be overwhelming. How do you make sense of it all and how do you know if the benefits advertised are available to you? Perhaps some of the information below can help:

Grocery Credit

Seniors are deluged with information on social media, television, and radio about a grocery credit, usually in the amount of \$900 or even as large as \$3500, **to be** used for various senior needs, that is available to them. In truth, this is a solicitation for insurance. Some Medicare advantage plans will offer a grocery credit to new enrollees. If you click on a link to see if you qualify for this credit, you will find that the link doesn't lead anywhere, or you will be asked some questions to see if you qualify for a Medicare Advantage plan. Advertising for this can be very misleading.

Seniors who need financial assistance with food can apply for the Supplemental Nutrition Assistance Program, also known as SNAP. You can apply for this program through the Department of Health and Welfare by calling 877.456.1233, or by filling out the application online. Your local SHIBA representative can help you with this and also check to see if you might qualify for other financial assistance.

Misleading, Miscellaneous Mailings

If you are a Medicare beneficiary, no doubt you have received a card or letter in the mail about the availability of advantage plans in our area. Humana did authorize agents to sell advantage plans in our area, but they are not contracted with our hospital or our family physicians. While the premium for an advantage plan can be lower than a medigap policy, out of pocket costs are usually much higher.

You may also have received something or heard something on the television about dental, vision, or hearing benefits for Medicare beneficiaries. Some Medicare Advantage plans offer some coverage on these services, but often it is a minimal amount of coverage. There is nothing in this area that completely covers dental, vision, and hearing.

If you have questions about information you have received concerning your Medicare benefits, please contact your local *SHIBA (Senior Health Insurance Benefits Advisor) for clarification.

*Kim Hulme at Bear Lake Memorial Hospital 208-847-0949

**CELEBRATE MOTHER'S DAY BY
PURCHASING RAFFLE TICKETS FOR THE
GARDEN PLANTER BOX**

**CELEBRATE FATHER'S DAY BY
PURCHASING RAFFLE TICKETS FOR THE
HENRY GOLDEN BOY RIFLE**

**COME BY THE 
TO PICK UP YOUR TICKETS.
ONE FOR \$5 OR SIX FOR \$25.**

April

**BEAR LAKE
SENIOR
CENTER**

**A PLACE FOR THE
COMMUNITY TO COME
TOGETHER**

CHANGING LIVES ONE MEAL AT A TIME.

Mon	Tues	Time	Wednesday	Thursday	Friday
3	4	10 A.M. 11:30 A.M.	5 Bingo Chicken Fried Steak	10:30 A.M.—Yoga Beefy Noodle Soup/Salad	6 Dal Sellers
		12 P.M. 1 P.M. 6:30 P.M.	Fit 'n' Fallproof	Table Tennis	Taco Bake
10	11	10 A.M. 11:30 A.M.	12 Bingo Pork Sirloin/Rice Pilaf	Fish Sandwich/Coleslaw	13 To be determined
		12 P.M. 1 P.M. 6:30 P.M.	Fit 'n' Fallproof	Table Tennis	Beef Roast
17	18	10 A.M. 11:30 A.M.	19 Bingo Alfredo Chicken Potato Cass.	10:30 A.M. —Yoga Navajo Taco	20 Michelle Humphries
		12 P.M. 1 P.M. 6:30 P.M.	Fit 'n' Fallproof	Table Tennis	11:30 A.M.—Book Club KFC Bowls
24	25	10 A.M. 11:30 A.M.	26 Bingo Meat Loaf	French Dip Sandwich 11:30 A.M.—Stitchers	27 Cordell Green
		12 P.M. 1 P.M. 6:30 P.M.	Fit 'n' Fallproof	Table Tennis	Fried Chicken/Potato Salad
					28



SPRING? will it ever come

LOCATED EAST OF
BEAR LAKE FAMILY CARE
NEAR THE ER ENTRANCE,
115 S 4TH ST., MONTPELIER, ID 83254
208.847.3141

***HOME DELIVERY — CALL BEFORE 10 A.M.**

Hours of Operation: 9:00 A.M. – 2:00 P.M. Wednesday thru Friday
Lunch: under age 60—price-\$7.00/age 60 & over—suggested donation-\$6.00
—Hamburgers almost always available \$4.00 —

**You may
borrow:
Puzzles &
Books**