

# SENIOR NEWS

Churchill County Senior Center

Greetings,

I am Lisa Erquiaga and I am your newly hired Executive Director. Did you know... About one in every seven, or 14.5%, of the population is an older American? Food for thought.

First of all, I am so happy to be here to serve as your new Executive Director of the Churchill County Senior Center, soon to be the William N. Pennington Life Center! I am so excited to be part of this organization as it moves into a new phase of its being. My first day was May 16, 2016, in this short time I have met so many new faces and have seen many individuals that I already know. I feel very much at home here already. While I have learned so much since my start, I know I have so much more to learn and welcome the challenge.

I would like to introduce myself to all of you, so that those of you I have not yet met will be informed. I come to all of you with the following qualifications: over 20 years in the human services community covering Fallon and Northern Nevada, my background is in Independent Living and disability advocacy, with non-profits. I am very passionate about working with people of all ages, especially seniors. I have a high regard for diversity, independence, and empowerment. I have done a variety of many other occupations including driving a school bus, working at a mortuary and caregiving. I have been a Nevada resident since 1967. I attended school in Fallon from first grade at Oats Park to graduation from Churchill County High School. I have been married for 36 years, have raised three wonderful children here, and have two gorgeous granddaughters that I adore. I enjoy gardening, travelling, camping and spending time with my family. In June of 2016, I graduated with my Bachelor of Arts in Gerontology from Ashford University online after three and a half years of studying. I am very fortunate to be able to utilize my degree and knowledge in the work I will be doing here at the Center.

While there is much work to be done in the current location on a daily basis, I look ahead to the very near future transition that we will all share in as we move to a new location. Sometimes transition can be difficult and scary but my goal is to make it a positive and enjoyable event. Please take this journey with me and my staff in a calm manner and let's make it a grand adventure. My plan is to keep you updated on the progress of our new building on a regular basis as we start our trek. I look forward to sharing this momentous occasion of moving into a brand new building and location in town with all of you. I have many new ideas for programs, activities and services in the future at our new home on Maine Street next to the Museum.

Please feel free to give me a call, email or stop by my office if I can be of assistance to you. I would love to meet you.

Thank you to staff, board and the great group of seniors who have made me feel so welcomed and comfortable in my new position here at the Churchill County Senior Center. I look forward to meeting each and every one of you soon. Come eat lunch with us.

Until then,

*Lisa*

Lisa Erquiaga, Executive Director

## **CCSC Mission Statement**

To develop, coordinate and deliver a comprehensive set of supportive services for the Churchill County Senior Center—services designed to ensure seniors lead a meaningful and dignified life, while maintaining a healthy, safe, secure and prolonged independence.

**Coming Again ...The 3rd Annual****"Purses with a Purpose"***Purse, Jewelry & Scarf Sale and Breakfast.*

If you have any gently used purses, hats, scarves or jewelry items laying around you would like to donate to the sale please drop them off at the

Churchill County Senior Center located at 310 E Court St., or call Zeeta at 775-423-7096 for more information.

All proceeds benefit the "Meals on Wheels" Program.



Farmers Market Coupon Books will be available at the Senior Center to those who qualify (based on income) around June 13th.

**NEW****Senior Tax Assistance Rebate (Star) Program**

This statewide program refunds a portion of the property tax paid by eligible senior citizens on their primary residence.

**Requirements, 2016 Applications**

**AGE:** Claimant must be 65 years of age.

**INCOME:** Includes 2015 income from all sources, both claimant and spouse. Maximum income per 2015 individual \$23,540.00, claimant and spouse maximum income \$31,860.00.

**RESIDENCY:** Must have lived and paid property taxes, continuously, in Nevada from at least July 1, 2015, and must be a full-time Nevada resident at the time of application.

Claimant or spouse cannot own, or their names appear on, any property other than their residence. This includes property anywhere.

Claimant and/or spouse cannot have "Liquid Assets" in excess of \$150,000.00. Liquid assets can be: checking or savings accounts, IRA's, CD's, stocks and bonds, annuities, etc.

**Applications must be filed with the state of Nevada Aging and Disability Services by September 30, 2016.**

If you would like more information about the rebate program or to get an application please stop by or call the Senior Center at 775-423-7096.



Joni with Northern Nevada Center for Independent Living visited the center to bring information about their programs and how they can assist seniors. She also brought a beautiful door prize for the seniors.

# NCEA RED FLAGS OF ABUSE

National Center on Elder Abuse

*Does someone you know—a senior or adult with a disability—display any warning signs of mistreatment?*

## » Neglect

- Lack of basic hygiene, adequate food, or clean and appropriate clothing
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)
- Person with dementia left unsupervised
- Person confined to bed is left without care
- Home cluttered, filthy, in disrepair, or having fire and safety hazards
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)
- Untreated pressure "bed" sores (pressure ulcers)

## » Financial Abuse/Exploitation

- Lack of amenities victim could afford
- Vulnerable elder/adult "voluntarily" giving uncharacteristically excessive financial reimbursement/gifts for needed care and companionship
- Caregiver has control of elder's money but is failing to provide for elder's needs
- Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means

## » Psychological/Emotional Abuse

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness, other
- Caregiver isolates elder (doesn't let anyone into the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

## » Physical/Sexual Abuse

- Inadequately explained fractures, bruises, welts, cuts, sores or burns
- Unexplained sexually transmitted diseases



**If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff.**

**Find local resources for Seniors, People with Disabilities, and Caregivers! Call the ElderCare Locator at 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov). For more information on elder abuse prevention please visit [www.ncea.aoa.gov](http://www.ncea.aoa.gov).**

Stan was the lucky winner of the birthday 50/50 raffle of \$24.00. Pictured with Stan is Matt Louie who passed out \$10.00 gift cards to Louie's Dollar Plus to all the seniors who celebrated a May birthday.



*Flag Day*  
June 14



Hazel was the lucky winner on the Mother's Day Basket Raffle. The beautiful basket was donated by Frances Atkinson and Donna Halgrimson. The fundraiser made \$155.00 for the center. Thank you to all who purchased tickets.

### Grant Funded Services

#### Dining Room

Lunch is served Monday - Friday  
11:00 a.m. Soup is served  
11:30 - 12:30 p.m. Lunch Served  
Seniors 60 and older -  
Suggested \$3.00 donation  
Under 60 - \$6.00

#### Meals on Wheels Program

Available to qualifying homebound seniors 60 and older  
Daily Delivery Monday—Friday

#### Homemaker Program

Available to eligible seniors 60 and older  
Includes light housekeeping, pick-up of prescriptions, or other needs.

#### Care Connection Resource Center

Available to seniors 60 and older, people with disabilities & their caregivers, and veterans.  
Provides helpful information, referrals to available services and activities.

Churchill County Senior Center and its operations/programs are financially supported through grants from the Care Connection Division, the City of Fallon and Churchill County, as well as contributions from local citizens, businesses and organizations, and proceeds from the senior center's fundraising projects.

### JOIN US

on Friday June 17th for our  
**Father's Day Luncheon**

Featuring: BBQ Pork Ribs  
3 Bean Salad, Steak Fries, Berry  
Shortcake with Whipped Cream

### La Invitacion . . .

El Churchill County Center invita a todas las personas mayores de 60 años de edad y para disfrutar de un almuerzo diario en nuestro comedor en 310 E. Court St., cerca Parque Avena. Ofrecemos una gran variedad de servicios, incluyendo comidas sobre ruedas, ama de casa, el envejecimiento y la discapacidad especialista de recursos y muchas actividades. Las comidas se sugiere una donacion de \$3.00 para los ancianos. Sopa comienza a las 11:00—11:30, con un almuerzo a partir de las 11:30-12:30. Esperamos contar con su presencia! 775-423-7096.

# MEDICARE SAVINGS PROGRAM

*State Programs can Save You Money\$\$\$*

*You can get help from your state paying your Medicare premiums. In some cases, Medicare Savings Programs also may pay Medicare Part A (Hospital) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.*

*Is your income \$1,377 a month before deductions for a single person?  
Is your income \$1,843 a month before deductions for a couple?*

*Do you have limited resources?*

*\$7,280 for one person?*

*\$10,930 for a married couple?*

*If you answered yes to these questions, you may be eligible.*

For more information contact  
Care Connection Resources Center  
310 E. Court St  
Fallon, NV 89406  
775-423-7096



# Thank You - Thank You

Thank you to the following individuals for their donation to the senior center in May  
**Ken & Joyce Hilliker** for their donation of quilting material  
**Bob & Donna Lydon** for their donation of cards and misc toiletries  
**Frances Atkinson & Lenard Denney** for the raffle basket and goodies inside for Fathers Day  
**Oasis Academy** for the Mothers Day cards and treat bags  
**Pat Smith** for donation of Case of Foam Cups and Case of Wrapped Straws  
**Deanne Wood** for donation of books

**Thank you Thank You**  
 Navy Sailors who helped serve  
 Birthday Lunch..

**Thank You Thank You Thank You**

**Louie's Dollar Plus**

For generously giving seniors \$10.00 gift  
 certificates on their birthday month.

**Thank you Thank You**

To Doren Sorensen and Marlyn  
 Van Zwaluwenburg for stopping by and  
 playing some favorite piano tunes  
 before lunch throughout the month.



**Thank You**

**June \$100.00**

*Birthday Cake Sponsor*



**Thank You Thank You**

**Mel & Barbara Foremaster**  
 for your monthly \$50.00 donation  
 to the center..

**Thank you Thank you**

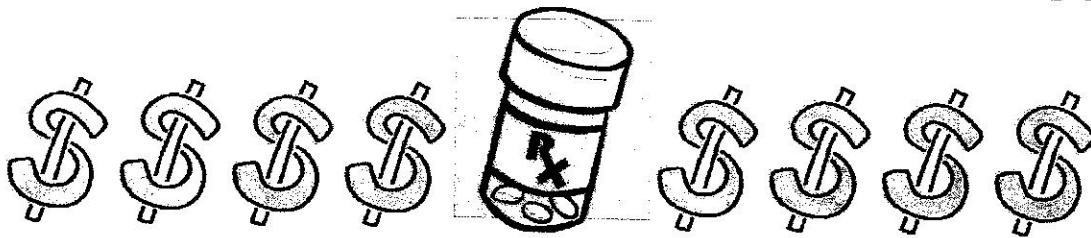
**Tedford Tire & Auto Service**  
 for your monthly \$150.00 donation  
 to the center.

**A special thank you**

to all 47 volunteers who give us their  
 time to help serve lunch, clean up after lunch  
 or wrap silverware each week.

**We love our volunteers!!!!**





## **What is Extra Help with Medicare prescription drug plan costs?**

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income also may be able to get Extra Help to pay for the costs—monthly premiums, annual deductibles and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these important savings and don't even know it.

### ***To qualify for Extra Help:***

Your monthly income must be limited to \$1,357 for an individual or \$1823 for a married couple living together. Even if your annual income is higher, you still may be able to get some help. Some examples where your income may be higher are if you or your spouse: Support other family members who live with you; and

Your resources must be limited to \$8,781 for an individual or \$13,931 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count your home, car or any life insurance policy as resources

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