



The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

October 2005

Coordinated by S.A.L.T. Chairman Ken McNatt

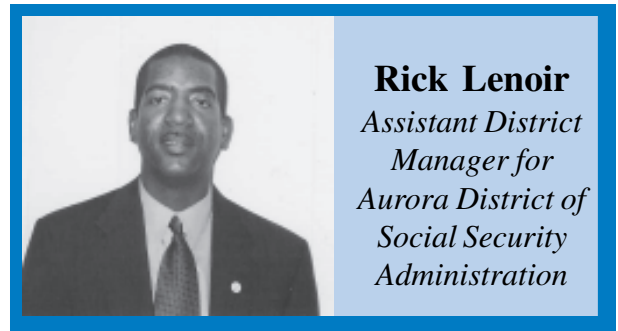
Medicare Part D: In Effect January 2006

Social Security Administration - Medicare Drug Prescription Program

Medicare prescription drug plans (Medicare Part D) will be in effect January 1, 2006. Insurance companies and other private companies are working with Medicare to offer these plans. The plans will help seniors save money on their prescription drug costs. In order to get the prescription coverage, each senior must choose and enroll in a Medicare prescription drug plan that meets their needs.

Important Factors to Remember:

- If you have Medicare Part A and/or B, you may join Medicare Part D.
- You can sign up for the drug plan between **November 15, 2005, and May 15, 2006**, (*referred to as the open enrollment period*).
- If you sign up by December 31, 2005, your Medicare Part D will begin on January 1, 2006.
- When you join Medicare Part D, you will pay a monthly premium (*generally around \$32.20 in 2006 and a yearly deductible of up to \$250 in 2006*).



Rick Lenoir
*Assistant District
Manager for
Aurora District of
Social Security
Administration*

- If you join after **May 15, 2006**, you are likely to pay a higher monthly premium.
- A copayment or coinsurance is also a part of Medicare Part D.
- Medicare Part D will cover seniors with limited incomes with a reduced copayment.
- Detailed information regarding Medicare prescription drug plans, Part D will be available in the fall of 2005.
- There will be at least two drug plans to choose from in your area. They will begin marketing these plans in October 2005.
- If you have coverage (*e.g. retiree*) that is as good as the Medicare plans, you may be able to stay in it with no penalties. Check with your insurance carrier.

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Mission Statement

The purpose of Milton Township S.A.L.T. Council is to determine and to meet the needs of Senior Citizens by reducing crime and abuse and by enhancing safety through communication and education in cooperation with the Township, law enforcement agencies, and other community agencies and organizations.

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Prescription drug plans will vary, but in general, this is how the plans work:

- You will choose a Prescription Drug Plan (PDP) and pay a monthly premium (*in most cases about \$32.20*).
- You will be responsible for the first \$250 spent on prescription drugs during a calendar year. This is your “deductible.”
- After you have paid the first \$250, Medicare will pay **75%** and you will pay **25%** of drug costs during that calendar year, until you reach \$2,250, in drug expenses.
- You will then be responsible for 100% of your prescription costs between \$2,251 and \$5,100. This is known or referred to as the “*doughnut hole*.”
- If you reach \$5,100 during the calendar year, Medicare will then cover **95%** of your entire drug costs over \$5,100 for the rest of that year.
- If you are currently enrolled in a Medicaid Prescription Drug Benefit program, drug benefits will come from Medicare starting January 1, 2006.

Helpful Contact Information 

Questions regarding extra help for limited income seniors
1.800.772.1213

Questions regarding Medicare Part D or to get free personalized counseling from your State Health Insurance Assistance Program (SHIP, and other local and community based organizations)
1.800.633.4227

AARP is offering a **FREE** educational service to help you understand Medicare’s new Prescription Drug Coverage:
www.aarp.org ■

Seniors & Caregivers Fair

Mark your calendars for the 14th Annual Seniors & Caregivers Fair on, Friday October 14th, 2005 from 8:30 am to 12:30 pm.

Stop by and visit the Milton Township S.A.L.T. Council’s booth. Information about all the services through the S.A.L.T. Council will be available. *Pick up your free safety whistle and a File of Life Packet.*

Flu vaccine shots will be available this year for DuPage residents only and by appointment. Call 630.407.6500 and ask for Senior Services Information and Assistance, they can set up your appointment for the flu shot.

Representatives from SHIP, Blue Cross/Blue Shield, Social Security and DuPage County Senior Citizen Services will present the facts every hour, about Medicare Part D and offer assistance for those who need extra help with applications.

DuPage County Fairgrounds
Exhibition Hall & Annex Bldg.
2015 W. Manchester • Wheaton

For More Information Call
Senior Citizen Services
630.682.7000 or 1.800.942.9412

What is the Most Dangerous Day to Drive?

Submitted by Officer Rich Janske

- Evenings and weekends are the deadliest times on the roads. The worst hours are from 5 pm – 7 pm.
- July 4th has the highest number of crash deaths. The second worst day is July 3rd.
- Weekends are worst than weekdays, summer and fall months have more deadly crashes than winter or spring months, and holidays top the list of crash deaths.

Motor vehicle crashes in the U.S. result in more than 40,000 deaths per year.

Drive with care!

Free Auto Safety Inspection



The Milton Township S.A.L.T. Council is once again holding the **free** auto inspection safety clinic. If you would like your car inspected for safety before the winter driving months, join us at *St. Daniel The Prophet Catholic Church, 101 West Loop Road in Wheaton*. It will be on the far west side of the campus. Watch for signs as you enter the parking lot.

Qualified members of the S.A.L.T. Council and the Sheriff's department will be on hand to check over your car and answer questions. No names or personal information is collected and the service is free to all seniors in Milton Township.

Saturday, November 5, 2005
St. Daniel the Prophet, Wheaton

9 am – 1 pm

Information/Questions: 630.668.1616

Township Considers Changes to Dial-A-Ride Program

Submitted by Chris Heidorn, Township Supervisor

For many years now, Milton Township has provided a “paratransit program” for its senior and disabled residents called, “Dial-A-Ride.” Under that program which is subsidized in part by PACE, citizens of Milton Township with disabilities or who are 65 years or older can call the day before to schedule a ride on one of the PACE Paratransit minibuses to anywhere within Milton Township for a fare of \$0.75. This program has been very successful in the past but has not been without its drawbacks:

- ✓ The service only runs during regular business hours (8:30 am to 4:30 pm) Monday through Saturday.
- ✓ Patrons must call the day before their ride and cannot schedule a ride any further ahead of time.
- ✓ Transportation is strictly limited to within the boundaries of Milton Township.

Milton Township is now considering a change by becoming a “Ride DuPage” sponsor in place of the Paratransit program. The program would serve the same residents, but “Ride DuPage”, which *utilizes taxicabs as well as paratransit buses*, offers several significant advantages:

- ✓ The program operates 24 hours, seven days a week.
- ✓ Appointments for rides can be made up to as much as 7 days, and as little as 2 hours in advance.
- ✓ Ride DuPage will transport people anywhere within DuPage County.

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(Dial-A-Ride continued from page 3)



But as with any program, there are disadvantages as well, the most notable being a new and more costly fare structure. If the Township becomes a sponsor:

- ✓ The base fare will rise to \$1.50 for the first 6 miles of travel.
- ✓ An additional \$1.50 per mile will be added to the base fare beyond 6 miles.

For most people, the six-mile base fair will take them many places they could not have gone before under the Dial-A-Ride Program.

If you use the Dial-A-Ride system or if you are simply concerned about this subject, we would like your input. You may:

- 1) Write a letter providing your feedback
- OR**
- 2) Fill out the attached survey

Whichever method you prefer, your opinion does matter to us. Mail your survey or letter to us in a stamped envelope to:

Milton Township S.A.L.T. Council
 1492 N. Main Street
 Wheaton, IL 60187

Please respond by Monday, October 31, 2005

We greatly appreciate your input! Regardless if you wrote a letter or completed the survey, your name will be entered into a drawing for a \$25.00 gift card. Be sure to include your contact information.

Thank you!

Public Transportation Survey

1. Do you use or know someone that has used the Dial-A-Ride Paratransit bus?
 Yes No (go to question 5)
2. How often do you or your family member/friend use it?
 Once a week
 Once a month
 Other: _____
3. Have you had issues **not** being able to travel where you need to go on the Dial-A-Ride Paratransit bus?
 Yes No
 If yes, please explain: _____

4. Have you experienced scheduling issues with the Dial-A-Ride Paratransit bus?
 Yes No
5. Would you like to use public transportation to go outside of Milton Township?
 Yes No
6. Do you feel there are more advantages to the Ride DuPage Program?
 Yes No
7. Do you have concerns with the Ride DuPage Program?
 Yes No
 If yes, please explain: _____

8. Would you use the Ride DuPage Program?
 Yes No

Please Print:

Name _____
 Street Address/Apt. # _____
 City/Zip/ _____
 Phone _____

Normal Aging Verses Dementia

Pam Sebern of Arden Courts, a senior residential living facility, gave an informative presentation on...*what was it???* Oh...yes...normal aging inabilities verses dementia. As we age, we all fear dementia, confusion, inability to be responsible and take care of ourselves. It is a known fact that, “the older we get, the more we have to remember.” Keeping our mental abilities in tact is as important as keeping our bodies healthy.

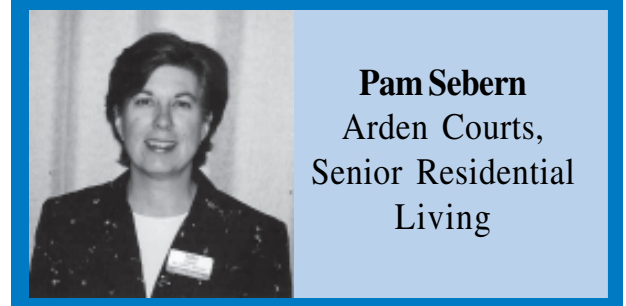
Suggested lifestyle treatments to maintain a healthy brain:

- Get plenty of physical exercise
- Complete mental exercises
- Get enough sleep
- Keep your stress level low
- Monitor for depression
- Maintain a normal blood pressure
- Maintain a healthy diet
- Get plenty of B12 in your diet
- Consider taking vitamin E & C tablets

Even with all of those efforts we cannot stop the normal age related inabilities:

- Difficulty learning new words, definitions, languages
- Trouble with in depth memory processing
- Poor recall of details
- Memory loss involving misplacing items
- Occasional confusion regarding locations and time related events

Still those of us who will be impacted by dementia in our lives should be watching for indicators that something might be wrong in our lives or with other family members or friends:



- Deteriorating hygiene or appearance
- Erratic or inappropriate behavior changes
- Confusion or disorientation
- Emotional problems, depression or stress
- Signs of insufficient nutrition, dehydration, weight loss
- Inability to manage money
- Friends/neighbors express concern
- Inability to manage medications
- Unclean or unsafe living environment
- Falling, lack of mobility, wandering

What do you do if you believe something is wrong? Try to verify your impressions with others. Certainly talk to the person about your concerns. Encourage the person to get a medical evaluation and a geriatric assessment. The problem may be temporary or treatable.

For most people, skills and capacities diminish gradually, and most people need a little help every once in a while, as they get older. *(We know, none of you reading this article will need help... but someone you know might! Ha!)* ■

You're Invited!

If you would like to attend our monthly presentation or participate on the S.A.L.T. Council contact Gail at **630.668.1616**

Visit us on the web at www.miltontownship.net.



Serving & Protecting Senior Citizens

S.A.L.T. Council Members

Ken J. McNatt, Chairman • Joe Vanest, Vice Chairman • Jodi Hefler, Glen Ellyn Senior Citizen Coordinator/Community Relations • Gail Hinkle, Social Services Coordinator
Carl Lofgren, Seniors Coordinator/Asst. to Assessor • Bill Parbs, Director of Communications

DuPage Sheriff's Office

Jim Hatcher, Director of Senior Services • Cpl. Randy Groh, Deputy Sheriff Liaison • Bill Mennell

Chief Greg Berk, Wheaton Fire Chief • Sue Davison, Medicare Advocate CDH
Chief Phillip DiMensa, Winfield Fire District • Marcy Fairbank, Community Nursing Service
Rich Janske, Wheaton Police Dept. • Fire Chief Jerry Kleinwachter, Warrenville Fire Dist.
Debbie McKenzie, Glendale Heights Police Dept. • James Monson, Glen Ellyn Police Dept.
Clifford Mortenson, Wheaton Fire Dept. • Chief Douglas Riner, Winfield Police Dept.

Citizen's Committee

Larry Gage • Sister Peg Ivers, St. Daniel the Prophet • William Krick • Rose Palma
Patricia Terkovich, Arden Courts • Jeanne Pitra • Horace Polglaze • Don Russell
Claude de St. Paer • Charles Schlabach • Barbara Smith • Ron Smith • Jack Udelhofen

In Cooperation with DuPage Sheriff's Office – John Zaruba, Sheriff

- ▶ Medicare Part D
- ▶ **Free** Auto Inspection Clinic
- ▶ Seniors & Caregivers Fair
- ▶ Dial-A-Ride Program
- ▶ Normal Aging Verses Dementia

HOT Topics

www.milontownship.net
Wheaton, IL 60187
1492 N. Main Street



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