



Three Rivers Community Action, Inc. is a nonprofit corporation that works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.

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Home Delivered Meals

The primary focus of our program is to provide a hot nutritious meal, five days a week, during the noon mealtime, to persons who are homebound and unable to prepare their own meals. Our secondary focus is to provide education on health eating habits and linkage with resources and referrals. Once a recipient is no longer homebound and is able to prepare meals, they are reevaluated and meals may be discontinued.

ELIGIBILITY CRITERIA...

This service is for persons who live in the communities we serve and are unable to prepare balanced/nutritious meals on a regular basis and are homebound (have difficulty getting to a meal site, a restaurant or grocery store).

- ◆ Persons 60 years of age or older can receive services for a contribution or if their meal is paid for by a county program (Elderly Waiver/Alternative Care) or insurance.
- ◆ Persons *under* 60 years of age, who are disabled or terminally ill, can receive this service for the full cost of the meal or if their meal is paid for by a county program (CADI) or insurance.
- ◆ Participants must be able to feed themselves or have someone available who can feed them.
- ◆ If a person lives outside of the city limits delivery may not be available. We encourage family members to help deliver meals in rural areas. The participant's nurse, aide, or homemaker may also pick up the meal on their way to the participant's home.
- ◆ In home caregivers may also qualify for meals. Call for information.
- ◆ Persons needing meals on a temporary basis while recuperating from an illness or operation must fit the above eligibility.

If you would like more information, or are interested in signing yourself or a loved one up for Home Delivered Meals, please contact your advocate below:

Faribault or Cannon Falls
Carla Pearson, LSW
1-800-277-8418 Ext. 328
carla.pearson@threeriverscap.org

**Goodhue, Mazeppa, Pine Island,
Wabasha, Wanamingo or Zumbrota**
Randi Callahan, LSW
1-800-277-8418 Ext. 112
randi.callahan@threeriverscap.org

REMINDER:

If you are receiving services from the Meals On Wheels program and need to cancel your meal delivery for a day, please contact the **CATERER** the day before the cancellation.



Goodhue County

Cannon Falls:
Mayo Clinic Health System - 507-263-9734

Goodhue:
Semcac - 651-388-9875

Pine Island:
Semcac - 507-356-2228

Wanamingo:
Semcac - 507-732-5086

Zumbrota:
Semcac - 507-732-5086

Rice County

Faribault:
District One Hospital - 507-332-4749

Wabasha County

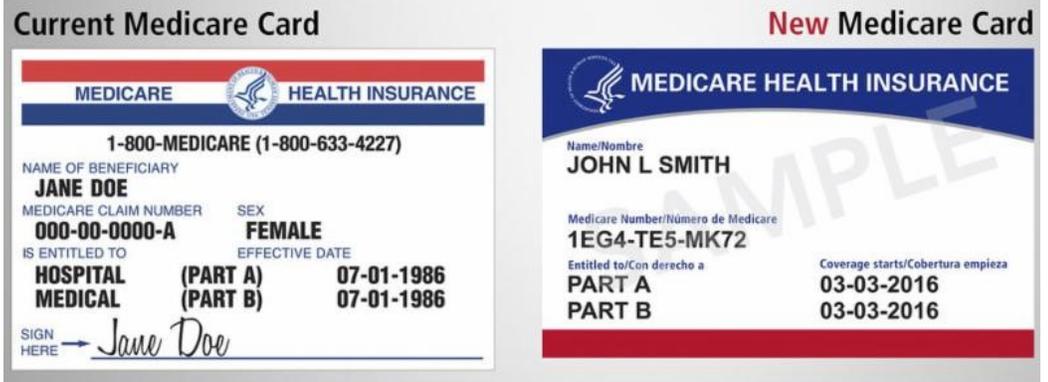
Mazeppa:
Semcac - 507-732-5086

Wabasha:
Semcac - 507-459-5766

NEW Medicare Cards Coming Soon...

CMS has announced information about the distribution of new Medicare cards. Minnesota Medicare beneficiaries will begin receiving their cards **after June 2018**.

In addition, beginning in April 2018, Medicare beneficiaries will be able to go to Medicare.gov to check the status of card mailings in their area.



10 things to know about your new Medicare card:

1. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.
2. Your Medicare coverage and benefits will stay the same.
3. Your new card will automatically come to you. You don't need to do anything to get your new card.
4. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
5. Your new card is paper, which is easier for many providers to use and copy.
6. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
7. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
8. Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.
9. Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
10. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

Revision from Summer Issue regarding Food Shelf Eligibility:

Thank you Pine Islands Sharing Shelves for the education!

First:

- ◆ We have expanded our hours. We are now open every Wednesday from 9:00 - 11:00 am and the 2nd and 4th Tuesday of each month from 5:30 - 7:00 pm.

Second:

- ◆ Technically, a food shelf is not a food bank. A food bank is an organization that serves an area of food shelves. A food bank acquires food from many resources and food shelves can order and receive food from them. Channel One, located in Rochester is our regional food bank.
- ◆ While each food shelf's policies about who they serve can vary, **the Pine Island Sharing Shelve has NO income requirements** for who can use our food shelf.
- ◆ Due to some food shelves receiving government food commodities, they may be required to have folks fill out a form that asks if they participate in certain government programs or what their income level is. This applies only to the limited food commodities received and does not apply to the majority of the food that is purchased by or donated to the food shelf.
- ◆ We, as well as other food shelves, try hard to make sure people (especially senior citizens) understand that they will not be turned away because of their income if they feel they need food assistance for whatever reason.

Julie Baska

Pine Island Sharing Shelves, Manager

507-356-6029

Upcoming Classes...

Matter of Balance

A group workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. No fee.

Class led by Carla Pearson and Amy Belcher

Meets Mondays & Wednesdays 9:30 am-11:00am

April 23rd — May 16th, 2018

First Lutheran Church

309 Forest St.

Kenyon, MN 55946

Call Amy Belcher at (507) 789-7015 to register.

Three Rivers Community Action, Inc.
Senior Programs
1414 North Star Drive
Zumbrota, MN 55992
1-800-277-8418
RETURN SERVICE REQUESTED

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Please notify us if you:

- Have a change of address.
- Are receiving more than one copy.
- Would like to be removed from our list.
- Would like an emailed copy.

Our Program Advocates

Rice and Western Goodhue counties:

Carla Pearson, LSW

1-800-277-8418 Ext. 328

carla.pearson@threeriverscap.org

Wabasha and Eastern Goodhue counties:

Randi Callahan, LSW

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Individual donors

