

Area I Agency on Aging:  
Eastern Montana

SENIOR

# NEWSLETTER



JULY 2025



## What's Inside

- Legal Clinics Coming Soon
- SMP Tracker App
- Improving Senior Lives Through Technology
- Echo Lending Program

## CELEBRATING INDEPENDENCE DAY

### A Time to Reflect and Rejoice

The Fourth of July is a cherished American tradition – a time to celebrate our nation's independence with family, friends, and community. For many older adults, it brings fond memories of hometown parades, fireworks lighting up the summer sky, and gathering around the grill for a good old-fashioned cookout.

As you watch this year's festivities, we invite you to celebrate not only our nation's independence but also the incredible contributions of the older adults who helped shape the freedoms we enjoy today. While commemorating this important day, it's a great time to reflect on the values that built our country -- freedom, resilience, and unity. Seniors in our community have lived through incredible chapters of our nation's history and continue to be pillars of wisdom and strength.

Whether you celebrate with a picnic in the park, a quiet moment of gratitude, or by watching fireworks from your porch, we thank you for the legacy you continue to build. From everyone at Area I Agency on Aging, we wish you a safe and joyful Independence Day. Let freedom ring!

## LEGAL CLINICS COMING TO AREA I

### Free Legal Documents for Area Seniors

The Montana Aging Services Bureau, through its Legal Services Developer Program, is working with Area I Agency on Aging to host a Kelly Moose Memorial Legal Document Clinic for seniors this fall. The event will be held at the Richland County Aging Services & Transit Center in Sidney on September 10<sup>th</sup> and 11<sup>th</sup> from 9am to 5pm each day.

During this important event, Legal professionals will be on hand to help Montanans aged 60 and older, as well as enrolled tribal members, with estate planning paperwork at no charge. Professionals at the Clinic can help complete, review and notarize the following types of documents:

- Transfer on Death Deed
- Durable Power of Attorney for Health Care
- Durable Power of Attorney for Financial Affairs
- Declaration of Living Will
- Declaration of Homestead
- Simple Will
- Indian Wills

Please note: The Clinic is **not** intended for complex estate planning or any type of work involving trusts.



### Who Should Attend?

The Legal Clinic provides a great opportunity for older adults who need to make or update basic planning documents, wish to make legal health or financial decisions easier for their loved ones, or want to protect their rights and assets. The event is particularly helpful for those who may not have easy access to legal services.

### Appointment & Registration:

- **Space is limited** and attendance is strictly by **appointment only**.
- To register, call the Legal Services Developer Program at 406-444-7787 or 406-444-4541.
- During the call, you'll receive guidance about what documentation to bring.

### Why it Matters:

Completing these documents in advance can reduce stress in emergency situations, help ensure your wishes are clearly known, and guard against financial exploitation. Seniors in Montana have used this program for years to gain peace of mind and we are excited to bring it to the seniors of Area I once again.

## PROTECTING YOUR MEDICARE BENEFITS

### There's an App for That

We frequently remind you about the dangers of Medicare fraud because it continues to affect older adults across the country--including right here in Montana. Fraudsters target seniors every day, often using confusing bills, phone calls, or fake services to take advantage of your Medicare benefits.



To help you stay one step ahead, the **Senior Medicare Patrol (SMP)** has launched a powerful new tool: the SMP Medicare Tracker App. This free, easy-to-use app is designed to help you **prevent, detect, and report Medicare fraud, errors, and abuse** right from your smartphone or tablet.



### What the App Offers

- Educational content on fraud schemes
  - Learn about the most common scams targeting Medicare beneficiaries.
- My Health Care Tracker
  - Record and track doctor visits, treatments, and prescriptions so you can compare them to your Medicare Summary Notices.
- Report Fraud Easily
  - Notice something suspicious? Report it directly through the app!
- Scam Alerts & News
  - Get notified about new scams and updates in real time.
- Interactive Fraud Buster Game
  - Sharpen your fraud awareness in a fun and engaging way!



### How to Get Started

1. Download **SMP Medicare Tracker** for free from the App Store or Google Play
2. Set up your profile and begin tracking your appointments and Medicare claims
3. Turn on scam alerts to stay informed.
4. Have some fun! Try out the Fraud Busters game to learn more about protecting yourself.



### The Bottom Line

Medicare fraud can happen to anyone – but with the SMP Medicare Tracker app, you have the tools to spot it and stop it right in the palm of your hand. Download it today and help protect your benefits, your identity, and your peace of mind.

## IMPROVING LIVES THROUGH TECHNOLOGY

### Amazon's Alexa Has Skills for Seniors

Just like the SMP App, technology is becoming more useful than scary for many seniors. Voice technology like Amazon's Alexa is more than just a gadget, it's a helpful companion for seniors looking to simplify daily tasks and stay connected. With just a voice command, Alexa can:

- Give medication reminders
- Call for help in an emergency
- Set daily routines for meals, appointments, or exercise
- Create grocery lists and task reminders



It's hands-free, easy to use, and tailored to support independent living. Whether it's staying on schedule or asking for help, Alexa can be a reliable voice in your home.



### Aging advocates are helping seniors experience the benefits of Alexa first-hand; free of charge!

Richland County Commission on Aging is launching a new program in Area I thanks to the support of a grant from AARP. The RCCOA's new "Echo Lending Program" provides Amazon Echo devices to borrow – free of charge – after completing a short, hands-on training session. The goal of the program is to help seniors explore how voice technology can support independent living and everyday convenience.

During the training session, participants will learn:

- How to set up and connect the device
- How to control Alexa using voice commands
- How to enable helpful "skills" like reminders, music, or news
- How to use **Alexa for safety**, communication, and daily routines
- Tips for privacy, security, and troubleshooting

Devices are loaned out for up to six months, which gives seniors plenty of time to decide if Alexa is right for their home. After that, the device must be returned unless you qualify for a low-income or special circumstance extended loan.

To find out more about Richland County Commission on Aging's Echo Lending Program, contact the office directly at **406-433-3701**.

See what Alexa can do for you – one voice command at a time!

**EXERCISE YOUR MIND****July Brain Game**

# 4th of July

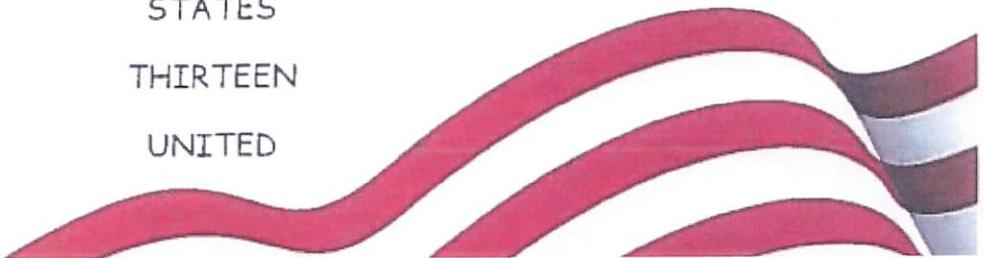
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JULY  
LIBERTY  
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RIGHTS

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STATES

THIRTEEN

UNITED



Mark your calendar for the upcoming Legal Document Clinic:

Richland County Aging Services & Transit Center

2190 W Holly St, Sidney, MT

September 10-11, 2025 – 9:00 a.m. to 5:00 p.m. by appointment only.

Make sure your future is protected with confidence and peace of mind!

### Quick Tips Before You Go

- Gather personal and asset information ahead of time
  - Speeds up document preparation
- Think about who you trust for decisions
  - Helps ensure you choose the right agents
- Bring any existing legal papers
  - Volunteers can review and update them

### June Edition Word Scramble

BAHEC	= BEACH	APLY	= PLAY
UTCKEB	= BUCKET	NSAD	= SAND
SLECAT	= CASTLE	HEPAS	= SHAPE
ESINDG	= DESIGN	LLHES	= SHELL
IDK	= KID	VOHELS	= SHOVEL
LHGUA	= LAUGH	SEDAP	= SPADE
MXI	= MIX	SNU	= SUN
LDMO	= MOLD	NCRSENESU	= SUNSCREEN
ALIP	= PAIL	STIISWUM	= SWIMSUIT

### Want More Puzzles?

“Brain games” are an excellent way to keep your cognitive reflexes sharp. For more games, puzzles, and printable activities, visit our website at: [www.aemt.org/programs/aging](http://www.aemt.org/programs/aging)

New activity packets are posted every month!