



# SENIOR NEWSLETTER






## SECURING FUNDS FOR SENIORS

### Area I Receives Thriving Generations Grants

Senior Centers within Area I Agency on Aging's service area may soon see some new technology thanks to a grant from the Town Pump Charitable Foundation. Late last week, Area I was informed its application to bring technology directly to seniors across Eastern Montana has been approved.

The funds will allow counties within Area I's service region to apply for support to install computer labs at their local senior centers—opening doors for older adults to stay connected, learn new skills, and access vital services online. Whether it's sending emails to grandkids, attending telehealth appointments, or brushing up on basic computer skills, these labs will help seniors thrive in a digital world.

In addition to its own project, Area I assisted several local communities in applying for and receiving Town Pump grants, including:

-  The Town of Medicine Lake, which provides a gathering space for seniors
-  The Golden Years Club in Plentywood
-  The Glasgow Senior Center

These grants will strengthen services and programs that support older adults in our region. We thank the Town Pump Charitable Foundation for investing in Montana's seniors and helping our communities grow stronger together.



## HELPING SENIORS STAY SAFE AT HOME

### Home Modification Grant Program

Getting around your home safely shouldn't be a struggle. That's why Area I Agency on Aging is offering Home Modification Grants to help older adults in Eastern Montana make small changes that make a big difference.

The Home Modification Grant Program is designed to help seniors live more safely and independently in their homes. It provides funding for necessary home improvements such as grab bars, wheelchair ramps, widening doorways, better lighting, and other modifications that improve mobility and reduce fall risks.

Grants are available to those that:

- Are age 60 or older
- Reside within the Area I service region
- Homeowners or renters (with landlord permission)

Examples of Covered Modifications:

- Bathroom safety features
- Ramps or stair railings
- Improved lighting or flooring
- Widened doorways or lever-style handles

These changes can make a significant difference for seniors wanting to remain in their homes safely and comfortably.

Apply Soon — Funding is limited and has a one-time, lifetime benefit of \$1500. All applications must be accompanied by three bids and/or estimates or a good-faith effort to obtain them.

Applications are reviewed on a first-come, first-served basis.

☎ For more information or to apply, contact:

Area I Agency on Aging

Phone: 406-377-3564 or 800-227-0703





## STAYING SAFE FROM WILDFIRE SMOKE

### Tips for Seniors in Eastern Montana

You may have noticed a haze covering the sky over the past few days. With smoke drifting in from Canadian wildfires, the air quality in parts of Eastern Montana may be unhealthy—especially for older adults or those with breathing issues.



Keeping yourself safe, especially if you have a respiratory condition, is crucial. Here are a few simple steps seniors can take to stay safe during smoky days:

#### Stay Indoors When Possible

Try to stay inside with windows and doors closed. Use air conditioning or air purifiers if available. Avoid strenuous outdoor activities.

#### Use a Proper Mask If You Must Go Out

If you need to go outside, a well-fitting N95 mask can help protect your lungs from harmful particles in the air.

#### Improve Indoor Air Quality

Avoid burning candles, smoking indoors, or using gas stoves—these can make indoor air worse.

#### Stay Hydrated and Monitor Your Health

Drink plenty of water and watch for symptoms like coughing, trouble breathing, or fatigue. If symptoms get worse, call your doctor.

#### Stay Informed

Check local air quality updates through websites like [airnow.gov](https://airnow.gov) or tune in to local news and weather alerts.

# DID YOU KNOW?

Running a box fan with a furnace filter taped to the back can help clean indoor air during smoke events!



## MEDICARE FRAUD PREVENTION WEEK

### Protect Yourself and Your Loved Ones

June 5 marks the start of Medicare Fraud Prevention Week, an important time to raise awareness about fraud that costs Medicare an estimated **\$60 billion annually**. Beyond money, it costs beneficiaries peace of mind, their medical identities, and even their health.

“Medicare fraud has a devastating impact on both individuals and the system,” said Lisa Baxter, SMP Coordinator at Area I Agency on Aging. “Our goal is to teach people how to avoid becoming victims and help protect Medicare for future generations.”

The Senior Medicare Patrol (SMP) invites everyone to take part in this week of learning and prevention. Remember “6-5” — the age most people become eligible for Medicare — and take action.

Ways You Can Help Prevent Fraud:

- Beneficiaries: Check your Medicare statements for unfamiliar services.
- Caregivers: Watch for unapproved medical items sent to the home.
- Families: Help loved ones monitor accounts and avoid phone scams.
- Providers & Partners: Talk with patients and share SMP resources.
- Neighbors & Friends: Look out for suspicious activity and talk openly about scams.

## KNOW WHERE TO REPORT FRAUD

### Your Voice Matters: Reporting Protects Everyone

Spotting fraud is important—but **knowing where to report** it is just as critical. If you see something suspicious—report it! Speaking up doesn’t just protect you, it helps stop scammers and protects others, too.

Here’s how to report different types of fraud or scams:

#### ◆ Medicare-Related Fraud

📞 Call 1-800-551-3191 for Montana’s SMP.

#### ◆ Scam or ID Theft?

🌐 [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov)

#### ◆ Robocalls or Phone Scams?

🌐 [consumercomplaints.fcc.gov](https://consumercomplaints.fcc.gov)

#### ◆ Feel unsafe or lost money?

📞 Call your local police.

## REPORT

🛡️ **Quick Tip:**

**Even if you’re not sure something is fraud, report it anyway. It’s always better to be safe and let professionals take a closer look.**

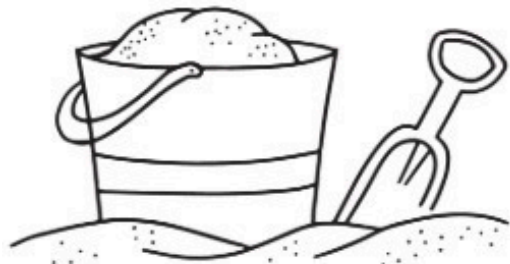


## EXERCISE YOUR MIND

### June Brain Game

## Playing in the Sand

Unscramble the words on the left using the spaces provided to correctly spell common words.



BAHEC	=	_____
UTCKEB	=	_____
SLECAT	=	_____
ESINDG	=	_____
IDK	=	_____
LHGUA	=	_____
MXI	=	_____
LDMO	=	_____
ALIP	=	_____
APLY	=	_____
NSAD	=	_____
HEPAS	=	_____
LLHES	=	_____
VOHEL	=	_____
SEDAP	=	_____
SNU	=	_____
NCRSENE	=	_____
STIISWUM	=	_____
ORETW	=	_____
EOLRWT	=	_____

# Older Americans Month AREA CELEBRATIONS



May Edition Sudoko Solution

3	1	6	2	5	4
4	2	5	6	3	1
2	5	4	3	1	6
6	3	1	5	4	2
1	6	3	4	2	5
5	4	2	1	6	3

## 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)