

Senior Information Line
1-800-211-2116

SODA Area Agency on Aging

P.O. Box 709

Durant, OK 74702-0709

Phone: 580-920-1388

Fax: 580-920-1391

For persons 60 years
and older.

Web Site Address:
www.soda-ok.org

This newsletter is published by SODA Area Agency on Aging as authorized by the Administration on Aging, Department of Human Services Division under the Title III Older Americans Act of 1965. SODA Area Agency on Aging provides the services of Family Care giving, Legal Aid, Nutrition, and Transportation Services through local grantees to persons 60 years and older.

SNAP Program (Formerly Food Stamps) Change to Affect Oklahoma Households

A modification to the Supplemental Nutrition Assistance Program (SNAP) will begin April 1, 2011. SNAP, formerly the food stamp program, helps feed more than 600,000 Oklahomans each month.

In an effort to allow grocers more time to restock their shelves with nutritious foods, those benefits will now be issued on three different days of each month. SNAP households will be divided into three groups using the last digit of each case number. Beginning April 1, the new plan will be phased in over a four-month period using the following schedule:

SNAP Household	April 2011	May 2011	June 2011	July 2011
Case #'s ending in 0-3	1st day of month	1st day of month	1st day of month	1st day of mon.
Case #'s ending in 4-6	3rd day of month	5th day of month	5th day of month	5th day of mon.
Case #'s ending in 7-9	3rd day of month	5th day of month	7th day of month	10th day of mo.

Direct any questions to your local county social worker.

SODA Area Agency on Aging Calendar, Upcoming Events, Holidays & Reminders—2011

April 18—Taxes are Due! New date this year.

April 22—Good Friday & Earth Day!

SODA AAA office closed for Holiday

April 24—Easter

May 8—Mother's Day – Happy Mother's Day!

May 10—Oklahoma Conference on Aging—Senior Day!

May 30—Memorial Day—SODA AAA office closed for Holiday

June 15—SODA AAA Advisory Council Meeting—(Tentative date)

June 19—Father's Day – Happy Father's Day!

June 21—Summer begins



July 4—Independence Day—
SODA AAA office closed for Holiday

September 5—Labor Day—SODA
AAA office closed for Holiday

September 11—Grandparent's Day

September 23—Autumn/Fall Begins

October 10—Columbus Day—
SODA AAA office closed for Holiday

Volume 7 Issue 1
April, May,
June 2011

April 8, 2011

SODA
Area Agency on
Aging Staff

Kathy Gooding

Director

kathygooding@soda-ok.org

Debbie Odom

Information &

Assistance Coordinator
debbieodom@soda-ok.org

Robin Current

Financial Planner

rcurrent@soda-ok.org

Elizabeth Reynolds

Administrative Technician
lizreynolds@soda-ok.org

Tiffany Neal

Ombudsman Supervisor
ten@soda-ok.org

Anita Harper

Ombudsman Supervisor
maharper@soda-ok.org

Wes Bowman

Executive Director
wesbowman@soda-ok.org

Serving Seniors in:

Atoka, Bryan, Carter

Coal, Garvin,

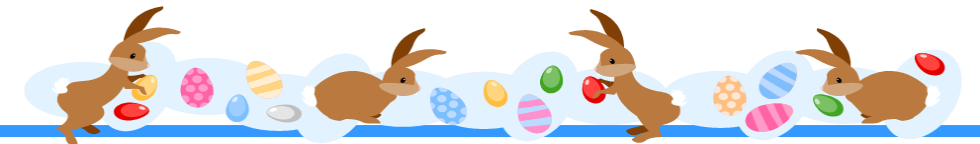
Johnston, Love,

Marshall, Murray and

Pontotoc Counties

Senior Information Line
1-800-211-2116

SODA Area Agency on Aging SENIOR SAMPLER



ASSISTANCE. ADVOCACY. ANSWERS ON AGING.

Masonic Fraternity of Oklahoma and SODA Area Agency on Aging Continues Partnership to Serve Seniors for the Fifth Year

Masonic Charity Foundation of Oklahoma, for the fifth year in a row, continues to fund worthwhile program for seniors. A partnership called Masonic Assistance Program for Seniors (MAPS) was created in 2007 between the Masonic Foundation, Oklahoma Association of Area Agencies on Aging (O4A) and SODA Area Agency on Aging benefits many seniors 55 and over who otherwise would not have been able to maintain their independence or sustain quality of life.

Since the inception of the program in 2007 through 2010, SODA AAA utilizing \$258,590 received from Masonic Charity Foundation of Oklahoma has been able to assist 350 seniors with wheel chair ramps, heat and air repair/maintenance, eye care, dental care, emergency medications, durable medical equipment, emergency utility assistance, and special needs transportation.

For 2011, SODA Area Agency on Aging was awarded **\$70,644** out of the **\$747,920.39** total amount to disperse to 11 Area Agencies on Aging in the state of Oklahoma. On December 7, 2010, David Ray, President of the Masonic Charity Foundation; Glen Almy, Masonic Grand Master of Oklahoma presented a check to Kathy Gooding, Director of SODA Area Agency on Aging. "The Masonic Assistance Program for Seniors program allows SODA Area Agency on Aging to serve seniors based on local needs and serving those most in need", said Kathy Gooding, SODA AAA Director. "Without the generosity of the Masonic Foundation funding, many frail seniors would be at a greater risk for health and safety concerns" said Gooding.

Pictured (L to R): Masonic Fraternity President, David Ray; SODA AAA Director, Kathy Gooding; Masons Grandmaster, Glen Almy



SODA AAA already has waiting lists for all areas of services provided under the MAPS program, but to be placed on the waiting lists, please call the Senior Information Line at 1-800-211-2116. The SODA AAA serves the counties of Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray and Pontotoc.

May - National Older Americans Month—Connecting the Community

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

America is Aging

Starting in 2011, over 78 million baby boomers in the US will begin to turn 65 and retire from the workforce. Caring for these parents and grandparents as they age will be a major challenge for the nation and individual families in the coming decades.

Older Americans Month is an occasion to show appreciation and support for our seniors as they continue to enrich and strengthen our communities.

This year's theme, issued by the Administration on Aging (AoA): "**Older Americans: Connecting the Community**" pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities, and highlights how technology is helping older Americans live longer, healthier, and more engaged lives.

The U.S. Administration on Aging will be sponsoring some exciting activities and events in observance of Older Americans Month 2011. Please visit this site: olderamericansmonth.org for activity announcements and information about upcoming celebrations.



National Senior Health & Fitness Day The Nation's Largest Older Adult Health Promotion Event

Always held the last Wednesday in May during "Older Americans Month"

100,000+ older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 25, 2011** as we celebrate the 18th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults. It is organized as a public-private partnership by the Mature Market Resource Center, a national information clearing-house for the older adult market.



2011 Theme:
"Make Fitness a Goal for Life!"

Lone Grove Senior Center Annual Shrine Circus Trip

Lone Grove Senior Center recently traveled to Oklahoma City for their annual fun-filled all day trip to the "Shrine Circus" on March 25, 2011. They took a van with several seniors to this exciting event.

Joan Kendall of the Lone Grove Senior Center, says that this has always been an eventful day as they also get to enjoy lunch at Furr's Buffet in Moore.

Lone Grove Senior Center Installs New Flag Pole and New Flags

With the help of the street department and a pole that was donated by Lavon Smith, the Lone Grove Senior Center is happy to announce the addition of a brand new flag pole and flags recently installed with both the American Flag and the Oklahoma State Flag.

Medicare Part-D: Prescription Drug Plans for 2011 & 2012 Rate Announcement

Part D Benefit Parameters	2011	2012
Defined Standard Benefit—Annual Deductible Maximum	\$310	\$320
Initial Benefit Coverage Limit (Total drug costs after deductible before hitting coverage gap)	\$2840	\$2930
Out-of-Pocket Threshold (Total amount beneficiary pays before hitting catastrophic phase)	\$4550	\$4700
Minimum Cost-sharing for Generic/Preferred Multi-Source Drugs in the Catastrophic Phase	\$2.50	\$2.60
Minimum Cost-sharing for Other Drugs in the Catastrophic Phase	\$6.30	\$6.50

(Note:) The changes from 2011 to 2012 are rounded to the closest appropriate level.)

This information is provided by the Centers for Medicare & Medicaid Services at www.cms.gov. The 2011 & 2012 Rate Announcement and Call Letter may be viewed using the following website: www.cms.hhs.gov/MedicareAdvtgSpecRateStats

For assistance with your Medicare Part-D, please call Debbie Odom at SODA Area Agency on Aging on the Senior Information Line at 1-800-211-2116.

The 36th Annual Oklahoman Conference on Aging

The 36th Annual Oklahoma Conference on Aging, **Real World, Real Aging**, is scheduled for **May 10-12, 2011**, and will be held at the Embassy Suites Norman—Hotel and Conference Center in Norman.

Senior Day is May 10th and features a variety of workshops, a health fair with health screenings and a Senior resource fair as well as a complimentary lunch and a film festival. Senior Poetry Contest winners will be announced during the lunch program and a limited number of bound copies of the contest entries will be available. The keynote speaker for Senior Day is Barbara Holmberg; a wellness author, co-founder of Qi Life Coaching and a nurse practitioner with 25 years of women's health experience.

All Oklahomans age 60 and older are invited to participate in Senior Day activities "**free of charge**" which begins at 8am with a continental breakfast. **Advance registration is required. Registration closes at 5pm on May 3, 2011.** To register call **405-325-1022** or you may register online at: www.okagingconference.com and follow the links for either Group or Individual Registering.

For general information or questions about the conference, please contact the conference coordinator at 405-521-2281 or call the Senior Information Line at 1-800-211-2116. If you have difficulty registering or require assistance registering on-line, please contact the website helpdesk at 405-325-6257.

TAX-AIDE HELP IS AVAILABLE

Tax-Aide help is available at the Durant Senior Center located at 301 N. 16th, every Tuesday and Thursday afternoon, from 12:30 until 4:00.

Volunteers are preparing and e-filing tax returns for seniors and low-income families.

Time is running out so hurry and get your tax help today. This program will continue until **April 15th**.

If you have any questions please call 580-924-6247 for assistance.