



Flathead County
agency on aging

No one understands aging like we do!



What's Happening in March 2025

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● M A R C H ●
● F O R ● ●
● M E A L S ●
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MEALS **on** WHEELS™

Flathead County Agency on Aging (FCAA) announced today that it will be participating in the annual **March for Meals** – a month-long, nationwide celebration which commemorates the historic day in March of 1972 when the Older Americans Act of 1965 was amended to include a national nutrition program for seniors 60 years and older.

“Our nutrition program has seen an increase in the need for home-delivered meals of more than 80% since the pandemic, but our federal and state funding has not been able to keep pace next to the drastic increase in food and employment costs,” says Director Carla Dymont. “We need our community’s

support now more than ever to ensure that we can keep serving these essential meals.”

This year, FCAA expects to deliver 85,000 meals to homebound individuals who rely on this essential service to remain healthy and independent at home.

“This is only possible thanks to our hard-working Nutrition staff, generous donations from the community, and a team of dedicated volunteers working together to ensure homebound seniors receive nutritious meals and a friendly check-in,” continues Dymont.

“This is what keeps me going!” says Bea O’Donnell, a 94-yr old Meals on Wheels recipient.

For more information on how you can volunteer or donate to help fight hunger and isolation experienced by our older neighbors in Flathead County, call us at 406-758-5730 or visit our website at: <https://flathead.mt.gov/departments-directory/agency-aging>.

Meals on Wheels delivers so much more than a meal! Services provide socialization opportunities. Drivers are trained to keep an eye out for wellbeing and safety issues in the home. Sometimes, the volunteer driver is the only person they see during the day. The impact to those who receive the meals include improved health, a sense of security, and assistance to help them live independently at home. Meals on Wheels can serve a senior for an entire year for roughly the same cost as per day in the hospital or 10 days in a nursing home.

Source: [What We Deliver | Meals on Wheels America](#)

The first day of Spring is Thursday, March 20th!



Caregiver Corner

A person living with Alzheimer's disease may not be able to find words to express themselves. This might lead to anger, frustration, and inappropriate care if they can't tell you how they feel. Healthline provides some tips for communicating with someone who is living with the disease.

healthline

For more information on caregiving for Alzheimer's, visit [Caregiving for Alzheimer's Disease | Healthline](#)

Things you can do:

- Do** keep responses and instructions simple and short.
- Do** give them time to process information.
- Do** be patient and repeat instructions if necessary.
- Do** redirect conversations to avoid arguments.
- Do** use humor to break tension.
- Do** learn their nonverbal cues.

Things not to do:

- Don't** argue or become overly irritated.
- Don't** insist they complete a certain task.
- Don't** take their actions or words personally.
- Don't** belittle them.
- Don't** yell.
- Don't** ask open-ended questions. Give options instead.

Government agencies won't call, email, or text you and ask for money or personal information...



The Social Security's Inspector General designates Thursday, March 6, 2025 as "Slam the Scam" Day, included as part of the National Consumer Protection Week, March 2-8. The purpose is to raise awareness of government imposter scams, which target individuals in an attempt to steal your money. This is a day designated to emphasize the importance to protect your personal information and to be skeptical of any contact you didn't initiate. Never give out money or personal information to unsolicited callers—ignore them and hang up! For more information call (406) 758-2471.

IN CRISIS?

988 SUICIDE & CRISIS
LIFELINE

For immediate help
Call 988 or
Text Home to: 741741

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UNIVERSITY of WASHINGTON

Suicide Among Older Adults is a Crisis

Suicide is a leading cause of death in the United States and adults who are 75 and older have the highest rates of suicide. Older adults can be at a high risk of social isolation, bereavement, and chronic health conditions, all which may contribute to suicide. We found this website, [Suicide Prevention and Older Adults - Forefront Suicide Prevention](#) that offers suicide prevention training to learn specific skills. It's a self-paced online training module that takes about 60 minutes, free and appropriate for older adults, caregivers and the professionals who work with them.



Medicare 101 Class

Tuesday, March 25, 1-3 pm

Call 758-5730
to reserve your seat!

This educational seminar provides an overview of Medicare. You will learn the different parts of Medicare, information about supplements and advantage plans, and what Part D prescription plans cover and when to enroll.