



MONTI SENIOR NEWS

*"Reaching out
and still growing"*

MONTICELLO SENIOR CENTER MAY 2020 NEWSLETTER

May is Older Americans Month and the purpose is to honor older Americans and celebrate their contributions to our communities and nation.

THANKS FOR ALL YOU HAVE DONE AND CONTINUE TO DO!

We Got This!!

COVID-19 has changed our world and that is not new news to any of us. It is also not new news that we WILL get past this and get back to our active, vibrant, fun senior center!

I am working from home the majority of the time, but do go in to the center one or two times a week. Call the center at 763-295-2000 and if I am not there to answer, please leave a message and I will call you back (I check voicemails every day). I would love to hear your voice!

Hopefully, you've all found ways to get your groceries and prescriptions brought to your home. If you need assistance with this, let me know. We have people who can help you with that.

This newsletter contains tax services updates, resources information, health tips, and updates on our senior program. Please read it all. And be sure to like us on Facebook!

At this point we do not know when the center will reopen. We will follow direction from the city of Monticello, the MN Department of Health, and government officials. We will keep you updated on when and how we can safely gather at our center again. I am thinking about you during these difficult times and hoping that you and your loved ones are safe and healthy.

Remember... *We Got This!!*

Pam Loidolt, Director

We Are Here to Help...

Are you a caregiver who is feeling overwhelmed? Do you just need to chat with someone who understands? Help is available thru the senior center. Contact Becky Allard, LSW from Senior Community Services, 952-746-4028, b.allard@seniorcommunity.org Becky can set up regular check in calls to help focus on you, the caregiver and your feelings during these challenging times that we are all dealing with.

If you would like to connect with other caregivers like yourself, please reach out to Becky. She has the opportunity to set up virtual support groups if enough people are interested.



SENIOR
COMMUNITY
SERVICES

Home Program Update

****The Home Program has suspended in-home services due to the COVID-19 concerns**** Due to concerns about reducing the spread of the COVID-19 virus, the HOME Program has suspended normal indoor services for repairs and housekeeping until at least May 4th.

WE DO HAVE VOLUNTEERS TO DELIVER FOOD AND SUPPLIES should you find yourself getting low on essentials and do not want to expose yourself by going shopping yourself. Please contact the Wright County HOME Program Coordinator at 763-416-7969 with your questions.

Our workers are conducting wellness checks by phone, so please let them know if have a need for food or supply delivery services before normal services return.

The National Council on Aging (NCOA) Helpful Tips for Managing Mental Health During the COVID-19 Pandemic:

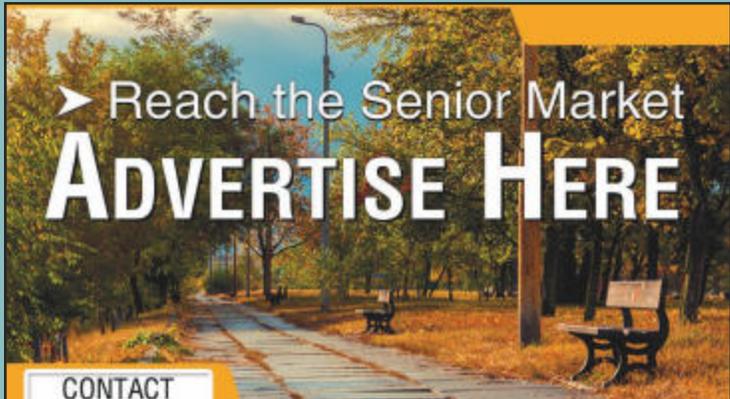
- 1) Stay informed (from reputable sources) and take practical steps to protect yourself and loved ones.
- 2) Engage in healthy activities such as eating healthy, get enough sleep, exercise your mind and body.
- 3) Make sure you have at least a one month supply of prescription and over the counter medicines.
- 4) Stick to regular routines as much as possible, integrate old and new enjoyable hobbies into your daily life.
- 5) Stay connected with family, friends, and other support networks thru phone calls, texts, letters, email, social media, etc.
- 6) Try as much as possible to be positive and relish the simple things in life.
- 7) Help others in a safe manner – it gives a sense of purpose and feelings of control during these uncertain times.

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Information on Tax Updates

- ◆ The federal and MN state revenue services have extended the filing deadline from April 15 to July 15 without incurring any fines or interest.
- ◆ AARP has suspended all tax services for an indefinite period of time.
- ◆ If you had an appointment for free tax services at the Monticello Senior Center, you will be contacted when this service can be offered again.
- ◆ **If you have the ability to file without AARP services, this is highly recommended, since we are still uncertain when and how this service will be offered again.**

Economic Impact Payment

No further action is needed by taxpayers who filed a 2018 or 2019 tax return to receive the Economic Impact Payment and the U.S. Department of the Treasury and the IRS have announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file a tax return to receive the payment.

The IRS will use the information on Form SSA-1099 and Form RRB-1099 to generate \$1,200 payments to income-eligible recipients who did not file tax returns in 2018 or 2019. They will receive their payments as direct deposit or by paper check, just as they normally would receive their social security benefits.

Be careful of scams - The IRS says no one from the agency will be reaching out to people by phone, email, mail, or in person asking for any kind of information to complete their economic impact payment.

Visit [IRS.gov/coronavirus](https://www.irs.gov/coronavirus) for more information.

Welcome to the Monticello Senior Center!

505 Walnut Street, Suite 3
 Monticello, MN 55362
 Phone: 763-295-2000
www.ci.monticello.mn.us
“For Residents”

Open Hours:
 Closed until further notice

Director:
 Pam Loidolt

Sympathies to...

...the family of Paul Nix on their loss.

The Census Counts!

Every 10 years, the United States counts everyone who lives in the country. It is important for all of us to complete the 2020 Census so that our community can be accurately represented and funded.

You can respond to the census online, by phone, or by mail. If you need help completing yours, contact Pam at the senior center, 763-295-2000.

Be cautious of scams—the census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political parties.

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HEALTH TIPS...

⇒ Handwashing

Wash your hands frequently to protect yourself and others from illness. The CDC says to wash your hands for a minimum of 20 seconds with soap and water. Dry on a clean towel or air dry.

⇒ COVID-19 Symptoms

If you are experiencing symptoms of COVID-19, call your doctor or local clinic before going in. They will consult with you so that you do not expose yourself or others to the virus by unnecessarily going to the hospital. However, if you have the following symptoms, make the call:

- *A fever
- *A cough (typically dry)
- *Shortness of breath

⇒ Emergency Warning Signs

If you are experiencing trouble breathing, persistent pain or pressure in the chest, new confusion or bluish lips or face, go to the emergency room or call 911.

Make Your Own Mask

There are some easy tutorials online that do not involve sewing for how to make a face covering should you need one. Make sure to wash a cloth mask with soap and water and let it completely dry before the next use.

Telemedicine

You may be asked to have your doctor visit online or over the phone during this time to prevent unnecessary exposure to the virus. The National Council on Aging has put together some tips on making your telemedicine visits as beneficial as possible. Visit ncoa.org and type “telemedicine.”

SMART DRIVER COURSES

CLASS SCHEDULE DEPENDENT ON CENTER CLOSURE DURING COVID-19 PANDEMIC

People age 55+ completing an AARP Smart Driver Course are eligible for a 10% auto insurance discount. The cost is \$17 for AARP members and \$22 for non-members and you must sign up and pay at the senior center in advance. *Effective Oct. 1, the course fee increases to \$22 for AARP members and \$27 for non-members.* Included in this cost are the AARP class materials and a facility/host fee. AARP members should bring their membership card to class and everyone should bring his or her driver’s license. Refunds will not be given for no-shows.

Those taking a Smart Driver class for the first time must take an eight-hour course. A refresher course must be taken every three years in order to be eligible to continue receiving the insurance discount.

4-Hour Refresher Courses

June 11—**this class cancelled by AARP**
July 24 9 a.m.—1 p.m.
August 14 9 a.m.—1 p.m.
September 11 9 a.m.—1 p.m.
November 13 9 a.m.—1 p.m.
December 11 9 a.m.—1 p.m.

8-Hour Course

October 15 & 16 5:30—9:30 p.m.



Memorial Day, May 25
Don't forget to
Remember...

Calling All Mask Makers

If you are looking for a way to put your time and talents to good use, we are looking for people willing to make and donate cloth masks for at risk community members. We are asking you to consider helping with this important task. The link below from the CDC indicates how masks are used and beneficial—just copy and paste it into your browser. It also shows a number of patterns for making masks.

Please call the center at 763-295-2000 if you are willing to help with this project. If your call is not answered, please leave a message and we will call you back. Arrangements will be made to pick up the completed masks. Thank you in advance for your help.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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HELPFUL RESOURCES...

- www.ci.monticello.mn.us 763-295-2711

Up to date information on city services, including pertinent COVID-19 news.

- www.co.wright.mn.us/948/Resources
763-682-7607

Directory of local resources to support people during this time.

- HelpOlderAdultsMN.org

A listing of statewide resources for older adults during COVID-19.

- www.coronavirus.gov

Health information.

- usa.gov/coronavirus

Federal government response.

- ftc.gov/coronavirus

COVID-19 scams.

- seniorcommunity.org 952-541-1019

Whether you or your loved one need help with home chores, connecting to supportive senior services, paying Medicare deductibles, or navigating the challenges of caregiving, Senior Community Services is here for YOU.

- Carenextion.org 612-770-7005

A website for families and other informal caregivers, where they can find resources and create a care team to manage schedules and update others on the progress of someone receiving their care. This service is completely free to users.

- seniorlinkageline.com 1-800-333-2433

A free service of the state of Minnesota that connects older Minnesotans and their families to the help they need.

- ncoa.org

National Council on Aging. Access numerous resources for older adults.

- benefitscheckup.org 1-800-794-6559

A program of NCOA to see if you're eligible for benefits to pay for food, medicine, rent, and other daily expenses.

- www.littlebrothersmn.org/ 612-721-1400

Elder Friends program matches older adults with volunteer phone companions.

- www.health.state.mn.us 1-888-345-0823

Minnesota Department of Health information.

- 2020census.gov 1-844-330-2020

- bbb.org/scamtracker 651-699-1111 and
ftc.gov/complaint 1-202-326-2222

Find out about the latest scams and file a complaint.

- ftc.gov/charity

How to donate wisely and avoid charity scams.

- alz.org/mnnd 1-800-272-3900

Help for families dealing with Alzheimer's and dementia.

- mentalhealth.gov

Mental health resources.

- mn.gov/mdva 1-888-546-5838

Benefits and resources for veterans and their families.

- medicare.gov 1-800-633-4227

Help with your Medicare questions.

- foodsafety.gov

Tips for food safety practices to help you stay safe and maintain a well-balanced diet.

- donotcall.gov 1-888-382-1222

Register your home or mobile phone to not receive telemarketing calls—file a complaint if you do receive calls.