Volunteers Needed to Jump On Board

By Mary Moon

Can you believe it’s already February? Here at RSVP we’ve been busy wrapping up a record year with our Medicare/SHIP counseling program. We saw over 100 more people this year than in previous years and that has kept our volunteers very busy and looking for a little extra help.

So now we’re on the hunt for a few good volunteers to jump on board and join our SHIP program. What is SHIP? SHIP stands for the State Health Insurance Assistance Program and it provides free help to Medicare beneficiaries who have questions or issues with their health insurance. SHIP’s mission is to educate, advocate, counsel and empower people to make informed health care benefit decisions. Our volunteers help people sign up for Medicare, chose the best prescription plan, better understand their healthcare, and address any concerns they have.

Think you might be interested? All SHIP volunteers complete online counselor training and certification at their own pace. We’ll pair you up with a seasoned volunteer to help you go through the process and help answer any of your questions. Once you’re certified, you will continue to be mentored and will receive ongoing training and support. For more information, please contact Mary Moon at 970-947-8462 or mpmoon@coloradomtn.edu.

If you’d like to gain a better understanding of Medicare, consider attending our next Understanding Medicare & Social Security class offered at the Glenwood CMC campus on Tuesday, February 25th from 9 am—12 pm. You can register in-person at any CMC campus, register online or call Mary at 970-947-8462 to reserve your spot!
It’s Time To Schedule Your Tax Appointment

By Mary Moon

It’s that time of year again. Time to schedule your tax appointment with a RSVP volunteer. This year, we are blessed to have several volunteers trained and ready to help you with your taxes.

High Country RSVP’s free Tax Assistance Program is scheduled to begin February 10th and run through April 15. RSVP volunteers can prepare and electronically file your federal and State Income Taxes if you are a senior, veteran, have a disability, or your household income is less than $50,000 per year. We cannot prepare complicated returns such as Schedule C Profit or Loss from Business; Schedule E for rental properties; and advanced Schedule D for capital gains and losses.

Appointments are available at the CMC Glenwood Center on Mondays, Wednesdays and Thursdays; at the Rifle Library on Tuesdays; and at the Grand Valley Recreation Center on Tuesdays. Unfortunately, walk-ins are not allowed. To schedule an appointment, please call 970-384-8740 or see Mary at the RSVP office located inside the Glenwood CMC Senior Center.

RSVP Hosts Classes for Seniors at CMC

AARP Driver Safety for 50+
Wednesday, April 22
9:00am – 1:00pm

The AARP Driver Safety Class is directed towards drivers 50+. The class covers the following driving topics: how to compensate for changes in vision, hearing, and reaction time; how to handle problem situations such as left turns, right of way, freeway traffic, trucks, and blind spots while driving; what to do if confronted by an aggressive driver; how medications may affect driving; how to properly use anti-lock brakes, air bags, and safety belts; and how to assess your own and others’ driving abilities with a Personal Driving Capability Index.

There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts payable to the instructor.

Pre-registration is required for this class. Please register in-person at any CMC location, online at www.coloradomtn.edu or contact Mary at 970-947-8462 or mpmoon@coloradomtn.edu to reserve your spot.

Understanding Medicare & Social Security
Tuesday, February 25 & June 2nd
9:00 am—12:00 pm

Do you have questions about Medicare? How and when do you enroll? What if you are still working? What does Medicare cost? Do you need additional coverage? When can you sign up for Medicare D? What is a Medicare Savings Program and do you qualify?

Do you have questions about Social Security? How do you understand your social security statement? How do you estimate your retirement, disability, and survivor’s benefits? How do you understand your benefit verification letter? How do you check your benefit and payment information and your earnings record? Get the answers you need to these questions and many more!

The class is free but there is a $5.00 requested donation for copied materials. Pre-registration is required. Please register in-person at any CMC location or online at www.coloradomtn.edu or call Mary at 970-947-8462 to reserve your spot.
Beware of Social Security Phone Scams

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:
1. HANG UP!
2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!
3. REPORT THE SCAM AT OIG.SSA.GOV

What to look out for

The caller says there is a problem with your Social Security number or account.

Scammers pretend they’re from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.

Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will never:

» Threaten you
» Suspend your Social Security Number
» Demand immediate payment from you
» Require payment by cash, gift card, pre-paid debit card, or wire transfer

Be Active

Protect yourself and your friends and family!

» If you receive a questionable call, just hang up and report the call at oig.ssa.gov
» Learn more at oig.ssa.gov/scam
» Share this information with others
Volunteer Opportunities in Garfield County

Colorado Mountain College — We’re looking for a recreation assistant for our Outdoor Leadership Center & Field House. You’ll help with monitoring access and usage to the facility and with customer service. Volunteers will receive a complementary membership to the Field House.

Children’s Mini College — We’re looking for a volunteer to help in our preschool serving children age 3-5 on Friday mornings for a couple of hours.

C.A.R.E. (Colorado Animal Rescue) — We are looking for volunteers to help with dog/cat TLC, care, canine training, foster care, event help, day hikes, and transportation.

HomeCare Hospice of the Valley — We’re looking for volunteers to help with patient care (requires background check), office assistance, knitters and sewers (Remembrance Bears, Twiddle Pillows, and Twiddle Hand Muffs), and visits to veterans (We Honor Veterans).

Garfield County Libraries — Every year the Garfield County Libraries inventory their collections to make sure that what’s on the shelves matches what the online catalog says. We’re looking for volunteers at the Glenwood Springs and Carbondale Branch libraries to take on this task and help us go into 2020 with our books in order! Job duties include: putting books in order on the shelves; scanning barcodes with a computer; pulling damaged and worn books from the shelves; and looking on the shelves for books that were missing during the inventory process.

Alpine Legal Services — We’re looking for local volunteers to become trained Long-Term Care (LTC) Ombudsmen. LTC Ombudsmen advocate for residents of assisted living and nursing home facilities.

UpRoot Colorado — A call for farmers, volunteers, and fruit-tree owners! Ahead of this year’s growing season, UpRoot is looking for volunteers to help with both grant writing and gleaning surplus agriculture in order to divert this nutrient-dense food into our local hunger-relief agencies; owners of fruit trees to register their trees for community gleans; and farmers with whom we can partner to hold gleaning events on local farms.

Glenwood Springs Community Concert Association — We are looking for someone to help coordinate our yearly spring membership drive, people to help with outreach during the membership drive and someone to work with our performers as a stage manager.

Mountain Valley Developmental Services — We are looking for more volunteers. We have level one volunteers (hands-off) who help in the offices and level two volunteers (hands-on) who work with our clients. We are also having a Valentines dance here on February 14th from 12p-2p and we would love to have volunteer chaperones for that!

If you are interested in one of these volunteer opportunities, please contact Mary Moon at 970-947-8462 or mpmoon@coloradomtn.edu.
Call Mary at 970-947-8462 for More Information

**Garfield County Senior Programs** — We are looking for volunteers at all of our meal sites—Carbondale, Glenwood Springs, New Castle, Silt, Rifle and Parachute who could help with set up, serve a meal, clean up and/or cover our front desk area. We would also love anyone who would like to provide entertainment at any of our meal sites.

**Mesa Vista Assisted Living** — We are still looking for a volunteer to lead an art workshop for an hour once a week.

**Northwest Colorado Youth for Christ** — We’re looking for volunteers to bake cookies or provide a meal for 20 people at our monthly meetings. We also would like to have a volunteer help with our mailing once a month. Additionally, we are looking for volunteers to help with “direct ministry” having a lot of personal interaction with students or if you’re looking for a special event to volunteer at, we’re looking for volunteers to help pass out water, help with calculations, and traffic safety at our Run For Youth on May 3rd.

**AARP Driver Safety** — We are looking for an instructor and a district coordinator for the AARP Smart Driver Program in Glenwood. These can be separate positions or one person can do both.

**Rifle Heritage Center** — We’re looking for volunteers willing to commit to working one day a week and during special events May – October. You should have a good working knowledge of Rifle and it’s history.

### Upcoming Community Events

- **Saturday, Feb. 8, 2 pm** — Rifle Heritage Center presents “Doc Susie” at the Rifle Library.
- **Saturday, Feb. 22, 5 - 8 pm** — CMC’s Mini College is hosting The Chocolate Extravaganza silent auction fundraiser at the GW Center.
- **Sunday, Feb. 23 at 10 am** — C.A.R.E. is hosting the 8K Snowshoe Shuffle fundraiser at Sunlight.
- **Saturday, March 14, 7-10 am** — Valley View Community Health Fair - Coal Ridge High School
- **Saturday, March 14, 2 pm** — Rifle Heritage Center present “Ranching in the High Country” at Rifle Library.
- **Saturday, April 4, 7-10 am** — Valley View Community Health Fair - Roaring Fork H.S. (CBD).
- **Saturday, April 25, 7-10 am** — Valley View Community Health Fair - GWS High School
- **Friday, April 17 at 5 pm** — Literacy Outreach hosts Spellabration fundraiser at the Hotel Colorado.
- **Sunday, May 3** — Run for Christ, fundraiser for Northwest Colorado Youth for Christ.
- **Saturday, May 15** — Garfield County Senior Programs Annual Caregiver’s Conference.
More Volunteer Opportunities in Garfield County

**Disaster Action Team:** Respond 24/7/365 to local emergencies (such as home fires) to provide Red Cross client assistance - shelter, food, clothing and comfort kits. Involves on-call service over-night, on weekends and on holidays. Time commitment: On call for 5 shifts or one week a month. Average response lasts 2-4 hours, and can be daytime, evening or the middle of the night.

**DAT Duty Officer:** Work remotely from your home or office to notify/deploy regional DAT volunteers of real time emergencies (such as home fires), coordinate lodging for displaced persons and initiate client assistance. Phone and internet needed. Involves on-call service overnight, on weekends and on holidays. Time commitment: On call for three 12 hour shifts per month. Average response lasts 2-4 hours, and could be daytime, evening or in the middle of the night.

**Shelter Worker:** Work at an emergency shelter during a local disaster. Depending on interest and training, may be eligible to deploy to statewide incidents or larger disasters. National and sometimes Local Volunteer positions. Time Commitment: Varies depending on disaster response.

**Mental Health Services:** Licensed mental health professionals deployed locally and nationally to help meet the emotional needs of individuals and communities affected by disasters. During “blue-sky” periods volunteers can participate in other Red Cross trainings to better prepare themselves for disaster response.

**Health Services:** Licensed professionals trained to provide care to communities affected by disasters. Volunteers work in a variety of settings from shelters, to aid stations and home visits. During “blue-sky” periods, volunteers can participate in other Red Cross trainings to better prepare themselves for disaster response.

**YouthZone** — We are looking for volunteers to be trained as facilitators for the restorative justice conferences we host as well as people who will sit in the circle as a community member.

Restorative Justice is a way to respond to behavior and actions that result in the harm of individual and community. It is a meeting where the harmed person has the opportunity to speak to the experience, the community member speaks to the impact on the community, and the offender takes responsibility and agrees to take actions to right the harm to the greatest extent possible.

YouthZone offers restorative justice to youth ages 10 to 18 years old. In so doing we support youth to learn from their mistakes rather than set an identity to the event that led to be in trouble. Research shows that by participating in a restorative justice process the recidivism rate drops from 50% or greater to 10% or less, meaning the offending youth who participate in restorative justice have a substantially greater chance of staying out of trouble in the future. We provide training and on-going support for those who are our facilitators. It is highly rewarding to sit in a circle helping people to heal relationships, heal harm, and root into the essence of the youth’s strengths.

If you are interested in one of these volunteer opportunities, please contact Mary Moon, RSVP Volunteer Manager at 970-947-8462 or mpmoon@coloradomtn.edu.
## What’s New in 2020?

### Part A: hospital insurance

| Part A premium | Free if you’ve worked 10 years or more  
|                | $252 per month if you’ve worked 7.5 to 10 years  
|                | $458 per month if you’ve worked fewer than 7.5 years  
| Part A hospital deductible | $1,408 each benefit period  
| Part A hospital coinsurance | $0 for the first 60 days of inpatient care each benefit period  
|                        | $352 per day for days 61-90 each benefit period  
|                        | $704 per lifetime reserve day after day 90 in a benefit period. (You have 60 lifetime reserve days that can only be used once. They’re not renewable.)  
| Skilled nursing facility coinsurance | $0 for the first 20 days of inpatient care each benefit period  
|                        | $176/day for days 21-100 each benefit period  

### Part B: medical insurance

| Part B premium | $144.60 is the standard premium  
|                | (You might pay more if your yearly income is above $87,000 if single or above $174,000 if married.)  
| Part B deductible | $198 per year  
| Part B coinsurance | 20% on most services Part B covers  

### Part D: prescription drug coverage

| Part D premium | Average is $32.74 per month  
| Part D maximum deductible | $435 per year  

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SHIP National Technical Assistance Center: 877-839-2675, www.shiptacenter.org | info@shiptacenter.org  
SMP National Resource Center 877-808-2468) www.smpresource.org | info@smpresource.org  
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CENSUS 2020
IT’S AS IMPORTANT AS YOUR VOTE!

WHAT IS THE CENSUS?
A constitutionally required ten-year count to produce statistics of all people, young and old, living in the US regardless of citizenship.

HOW DO I PARTICIPATE?
Starting March 12th:
Online at www.2020Census.gov, Call the census call center, Mail-in form

KEY DATES
• April 1st: Census Day
• May-July: Census representatives visit homes of people not responding by April 1
• December: Data delivered to the President and Congress

WHY PARTICIPATE IN 2020?

1. It’s Important for:
   • $13+ billion in federal funding for schools, emergency services, roads/transportation, hospitals, health clinics, public works, food stamps and more
   • A voice in government - Boundaries for voting areas and House of Representative seats
   • Important decisions by governments, businesses and nonprofits

2. It’s Easy – 10 Questions/10 Minutes!
   • Number of people living or staying in your home on April 1, 2020
   • Plus basic information like name, sex, age, date of birth, and race
   • Only ONE census form per household.

3. It’s Safe - 100% Confidential
   The law guarantees your personal information and answers cannot be used against you by any government agency and cannot be shared with ICE, FBI, CIA, welfare or the Department of Homeland Security.

4. It’s Not Personal
   The census does not ask for social security numbers, personal identifiers or citizenship.

Our community will lose $2,300 a year for each person who doesn’t complete the census. When everyone participates, we all win. Complete the Census 2020 by April 1st.

FOR MORE INFORMATION VISIT: A2PCENSUS2020.COM