



# ServiceLink

## Aging & Disability Resource Center

Winter 2023

Merrimack County, NH

Call or visit our office: Monday - Friday 8:30am - 4:30pm

Or catch us in the community at these locations:

1st Tuesday of each month: TRIP Senior Center - 10:30am (12 Rowell Dr, Franklin)

1st Thursday of each month: Horseshoe Pond Place - 10am (26 Commercial St, Concord)

2nd Thursday of each month: Suncook Senior Center - 11am (8 Whitten St, Allenstown)

3rd Thursday of each month: Pittsfield Senior Center - 11 am (55 Barnstead, Pittsfield)

4th Thursday of each month: Bradford Senior Center - 11am ( 134 E. Main, Bradford)

## ABOUT US

ServiceLink is an **Aging and Disability Resource Center** that provides people of all ages, abilities, and income levels:

- Information on *long-term health services*
- Education and access to state assistance including *Medicaid* and *Medicaid Waiver Programs*
- *Information, Referral, and Assistance*
- Access to *NH Family Caregiver Program*
- Education and counseling for *Medicare* and *Medicare Fraud*



ServiceLink of Merrimack County is a program of the NH Department of Health and Human Services which is administered by Community Action Program Belknap Merrimack Counties.

 1 (603) 228-6625

 [info@mcservicelink.org](mailto:info@mcservicelink.org)

 2 Industrial Park Dr.  
Concord, NH 03301

# MEDICARE

In a Medicare Advantage Plan?

You can still make a change!

From Jan 1 – March 31, if you're in a Medicare Advantage Plan, you can switch plans or return to Original Medicare and join a separate Medicare drug plan.

Did you miss your opportunity to enroll in Medicare Parts A or B?

Every year the General Enrollment Period (GEP) for Medicare occurs between January 1 and March 31. This is the time—and usually the only time—during which people who are eligible for Medicare Parts A and/or B but did not do so when first eligible have another opportunity to join.

## New To Medicare Workshop

Live Virtual Instruction: 9-11am and 2-4pm

January 12th

February 9th

March 9th



**Call to Register**

**(603) 228-6625**

## 2023 Medicare Part D Insulin Coverage Changes

Starting January 1, 2023, plans can't charge you more than \$35 for a one-month supply of each Medicare Part D-covered insulin you take, and can't charge you a deductible for insulin.

# NH FAMILY CAREGIVER PROGRAM

A family caregiver is anyone who provides regular care for a relative, a partner or a friend. The amount of care that the family member or other individual provides may have increased over time, or they may have found themselves in that role suddenly, without notice. For many it is a labor of love but it can also be physically and emotionally demanding. It is important to keep a balance between caring for another individual while caring for oneself.

ServiceLink provides support for:

- grandparents and other relatives as parents
- people caring for an older adult or an adult with disabilities



## Caregiver Support Group

Every Wednesday at 10am

Horseshoe Pond Place  
26 Commercial St.  
Concord, NH 03301



## **FREE Professional-level Healthcare Training for the Family Caregiver**

Trualta is a personalized, skills-based training platform for family members caring for aging loved ones living at home.

Call Us to Enroll Today

**Kim Lavoie, Caregiver Specialist**  
**klavoie@capbm.org**  
**1 (603) 228-6625**

# LONG TERM CARE OPTIONS

The New Hampshire Department of Health and Human Services (DHHS) is committed to providing home and community based services as an alternative to nursing facility placement.

*The Choices for Independence (CFI) Program is a Medicaid-funded program that provides a wide range of service choices that enable eligible adults to stay in their own homes and communities.*

Adults participating in the CFI Program must be age 18 or older and meet certain financial and clinical eligibility requirements.

Mary Seay,  
Long Term  
Care Options  
Counselor  
603-228-6625



# INFORMATION AND REFERRAL

## Where can I get...

FOOD

A kind, listening ear

reliable information about how to find housing

**Help getting to my  
doctor's office**

ServiceLink serves as a highly visible and trusted place where people of all ages, disabilities and income levels know they can turn for objective and unbiased information on the full range of services and supports options. ServiceLink promotes awareness of the various options that are available in the community, including options among underserved, hard-to-reach and private paying populations, as well as options individuals can use to plan ahead for their long-term needs.