

SENIORS IN ACTION



MISSING THE USA

The following article was shared with me recently. The words originally came from a gentleman by the name of Rick Hines, a radio broadcaster from Malta. I wanted to take this opportunity to share them with you . . .

I am homesick for the United States of America!
 I am not an emigrant; I was born into this, the greatest nation on earth.

A nation where freedom of speech and private property rights were constitutionally guaranteed.

Where citizens did not fear their government and that government honored its contracts with its citizens without retribution, litigation, or intimidation.

I've loved this country where we've pledged allegiance to the flag, proudly served in the armed forces, and equated national pride with God, Honor, Respect, Mom and Apple Pie.

Yes, I am homesick.

Homesick because it now seems freedom of speech is available only for liberals, socialists, and atheists . . .

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RECIPE ROUNDUP



Frosted Banana Bars

Ingredients:

- ½ cup butter, softened
- 2 cups sugar
- 3 large eggs
- 1 ½ cups mashed ripe bananas
(about 3 medium)
- 1 tsp. vanilla extract
- 2 cups flour
- 1 tsp baking soda
- Dash of salt

Frosting:

- 1 package (8 ounces) cream
cheese, softened
- ½ cup butter, softened
- 4 cups powdered sugar

2 tsps vanilla extract

Directions:

Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, bananas and vanilla. Combine the flour, baking soda, and salt; stir into creamed mixture until blended.

Transfer to a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack.

For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add powdered sugar and vanilla; beat until smooth.

Frost bars. Yield: 3 dozen



This month's recipe comes off of the ever-popular "Taste Of Home" website.

Served at our monthly luncheon it was met with much delight.

I for one, LOVE banana bars.)

COA OFFICES TO BE CLOSED

During the month of November, the COA offices will be closed several times.

Due to these closures, several of our regularly scheduled activities will be cancelled and/or postponed. Check your calendar carefully for events you normally attend.



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Homesick because property rights are becoming an illusion that is put at risk because of control issues . . .

Homesick because patriotism has become none-existent . . .

EXCEPT IN RURAL AMERICA!

Homesick? Yes!

Discouraged? Absolutely not!

The very qualities that made this nation great are still intact outside the metro areas where agriculture and small business go hand-in-hand.

Only in rural America are communities dependent on ALL who live in them for survival . . .

Where the failure of a single business, ag or otherwise, is noted and mourned . . .

Where we stand united against extinction and carry the full weight of production agriculture's problems on our shoulders.

As long as there is a farm or ranch, a main street business, a school or a church trying to survive, I pledge my support for their effort!

And as long as this nation has its sons and daughters standing a lonely watch at a domestic or foreign outpost. . . .

As long as the stars and stripes fly proudly over amber waves of grain and purple mountain majesty . . .

I pledge my undying passion for life, liberty, and the pursuit of happiness.

I firmly believe that without a united "rural" America, we will not have a United States of America.

Please join me in bringing patriotism back to the heartland and regaining control of the nation that I know we're all homesick for!



Come to the Baker Senior Center on Thursday afternoon, November 17 at 2 p.m. and join the fun as volunteers, under the direction of Lolita Cameron, make table favors for the Fallon County Nursing Home and Superior Care Villa in Baker and the Dahl Memorial Nursing Home in Ekalaka.

MT 2017 MEDICARE PART D STAND

In the graph to the right you will see a listing of all of the companies who will be offering Prescription Drug Plans in the state of Montana during 2017.

You will see that the companies are arranged by order of the least expensive premium to the more expensive. Please keep in mind that just because a company's premium is low, it does not necessarily mean that that company will be the most economical for you when you factor in your individual drug costs.

*The asterisked plans have higher cost-sharing at non-preferred pharmacies

Plan Name	Month Drug Premium	Annual Drug Deductible	Gap Coverage	\$0 Pre-mium with Full	C
Humana Walmart Rx Plan*	\$17.00	\$400	No	No	S5
AARP Medicare Rx Walgreens*	\$22.50	\$400	No	No	S0
Humana Preferred Rx Plan*	\$26.70	\$400	No	Yes	S5
WellCare Classic	\$28.60	\$400	No	Yes	S4
SilverScript Choice	\$31.30	\$0	No	Yes	S5
Aetna Medicare Rx Saver*	\$31.40	\$375	No	Yes	S5
Cigna-HealthSpring Rx Secure-Extra (Under Sanction)	\$33.50	\$50	Yes		S5
Symphonix Value Rx*	\$33.70	\$400	No	Yes	S0
MedicareBlue Rx Standard*	\$35.10	\$400	No	Yes	S5
First Health Part D Value Plus*	\$38.10	\$0	Yes	No	S5
Cigna-HealthSpring Rx Secure (Under Sanction)	\$43.10	\$400			S5
AARP MedicareRx Saver Plus*	\$47.40	\$400	No	No	S5
Magellan Rx Medicare Basic*	\$47.90	\$400	No	No	S4
Express Scripts Medicare Value*	\$52.00	\$400	No	No	S5
EnvisionRxPlus*	\$52.70	\$400	No	No	S7
Humana Enhanced*	\$58.90	\$0	Yes	No	S5
WellCare Extra	\$70.30	\$0	No	No	S4
AARP MedicareRx Preferred*	\$70.60	\$0	No	No	S5
SilverScript Plus*	\$73.30	\$0	Yes	No	S5
Express Scripts Medicare Choice*	\$88.50	\$350	No	No	S5
MedicareBlue Rx Premier*	\$92.00	\$0	Yes	No	S5
First Health Part D Premier Plus*	\$101.80	\$0	Yes	No	S5

*Higher cost-sharing at non-preferred pharmacies

-ALONE PRESCRIPTION DRUG PLANS

Contract ID	Preferred Generic At Preferred	Non-Preferred Generic At Preferred	Preferred Brand At Preferred Pharmacy	Non-Preferred Brand At Preferred	Specialty Tier At Preferred Pharmacy	Tier Not Subject To Deductible	Number Of Formulary Drugs
884-171	\$1	\$4	20%	35%	25%	1, 2	3375
522-072	\$0	\$3	\$27	32%	25%	1,2	3000
884-145	\$0	\$1	20%	35%	25%		3286
802-089	\$0	\$13	\$47	44%	25%	1	2971
601-050	\$3	\$14	\$42	48%	33%		3073
810-059	\$1	\$2	\$30	35%	25%	1,2	3340
617-270	\$5	\$10	\$42	50%	32%		
522-042	\$1	\$2	\$26	35%	25%		3029
743-001	\$1	\$6	18%	35%	25%	1	2931
768-148	\$2	\$5	\$47	50%	33%		3395
617-123	\$2	\$7	\$40	41%	25%		
921-370	\$1	\$2	\$26	30%	25%		3211
607-020	\$1	\$5	\$47	50%	25%		4215
660-127	\$0	\$3	\$40	48%	25%		3347
694-025	10%	12%	15%	33%	25%		3029
884-083	\$3	\$7	\$42	44%	33%		3662
802-121	\$0	\$6	\$32	45%	33%		2914
820-024	\$3	\$10	\$35	40%	33%		3487
601-051	\$0	\$3	\$27	40%	33%		3079
660-195	\$2	\$7	23%	48%	26%	1,2	3510
743-004	\$0	\$0	18%	45%	33%		2931
768-190	\$1	\$2	\$34	50%	33%		3812

For a personalized consultation to help you determine which PDP will be the most economical for you, over the course of an entire year, contact Carla at 778-3595.

In addition to her duties as Coordinator for Council on Aging, Carla is your local State Health Insurance Program counselor and is therefore able to assist you in choosing the best PDP for your situation.

ELECTION DAY APPROACHING YOUR VOTE IS YOUR VOICE

It's an interesting time, right before a national election. Representatives from both political parties are passionately campaigning for their candidates (and sometimes – this year – against their candidates).



Although most county offices are closed on the upcoming election day, the Fallon County Council on Aging Transportation Program will be providing regular service

For rides call 978-9760.

There is plenty of talk of conspiracy theories, false equivalency, and the pointlessness of it all. Between Facebook, Twitter, cable TV, talk radio, blogs, and online newspapers and magazines, there's no dearth of coverage on all this rustling around; no way to get out of the loop unless you make a conscious effort to do so or you live in a van down by the river. (And even a van, down by the river, can be equipped with Internet.)

For those who like their political marching orders to be straight forward, it's simply a matter of subscribing to the mandates of their church, their family, their political party, or their favorite cable channel and logging votes accordingly.

For those more independent sorts, the urge to seek education and enlightenment from what might be considered outside the "norm" is strong... and that's where it gets tricky. Finding un-muddied political enlightenment in the glut of today's less than neutral media, whatever that medium might be, is like shopping at Ross Dress For Less: you might find a Jones of New York for \$30 but you'll likely have to spend hours and hours and search through racks and racks of trash to find it and the hip-checking in the aisles is sure to get risky.

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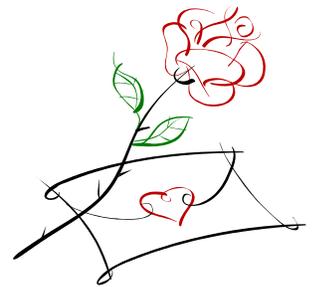
It has become harder and harder to ferret out what's worth believing — particularly when so much of what's being said is contradictory, incendiary, or just plain bleak. What is a normal, everyday sort of person supposed to do with all that apocalyptic information?

As November 8 approaches and the election rolls around, we want to fulfill our civic duty, and so we read, research, pay attention, and when we do, we're bombarded with all manner of tugging and pulling from this side or the other, right down to those who suggest it's all so dark there's really no point in voting anyway.

Voters may feel that there is little or no morality to be found anywhere, in anyone, including those running for president. However, refusing to take an active part in electing the next president because “my one vote doesn't even count,” “all the candidates are the same,” “they're all crooks,” seems corrupt in and of itself.

If you've paid attention, read between the lines, and trust your own gut about one of the two major party candidates, vote for that person. If you feel ambivalent about both but understand it's important to fulfill your obligation, as a United States citizen, then do a little homework, find something about one that resonates, and vote for that person.

Not to vote is to have no hand in who gets elected. By not voting you have no influence in choosing who might be the better choice, even if, in your mind, they'd be “the lesser of two evils.” Whether you vote or not, someone will be elected president. And that person will be your president, making decisions that affect you and this country for many years to come.



Did you know that instead of going downtown to purchase the perfect card for that special occasion you can visit the Baker or Plevna Senior Centers for a beautiful recycled card. Stop in today and see what we have on hand.

ARE YOU RECEIVING THIS PUBLICATION IN ERROR?

In today's world it seems that we are overwhelmed with what has come to be known as "JUNK MAIL."

Here at "Seniors In Action" we do not wish to further contribute to your frustration over the deluge of unsolicited mail you get on a daily basis.

If you are receiving our publication in error and no longer wish to receive "Seniors In Action" please call either of the numbers located in the lower left hand corner of the front page and we will promptly remove your name from our mailing list.



NUTRITION PROGRAMS OFFERED

The November commodity distribution will take place at the Baker Senior Center on Tuesday afternoon, November 15 beginning at 2 p.m. In addition to CSFP, for

which an individual must qualify financially, the local Community Cupboard also operates out of the Baker Senior Center. There is no paperwork to fill out con-

nected with the Community Cupboard.

It is recommended that individuals desiring to obtain items from the Community Cupboard call in advance of their visit to allow adequate time to prepare boxes.

NOVEMBER BIRTHDAY CELEBRANTS

Mary Lee Dietz—Nov. 1

Robert Neumann—Nov. 1

Robert Berndt—Nov. 3

Paula Fuchs—Nov. 3

Penny Sparks—Nov. 5

Jim Leischner—Nov. 6

Janice Steen—Nov. 8

Darline Ketterling—Nov. 9

Betty Rieger—Nov. 9

Alice Gonsioroski—Nov. 10

Claudine O'Connor—Nov. 10

Glen Askin—Nov. 11

Steve Gonsioroski—Nov. 12

Marj Peterson—Nov. 13

Pete Enos—Nov. 14

Sheila McElrone—Nov. 14

Ruth Winters—Nov. 15

Carol Wheeler—Nov. 16

Ashley Stanhope—Nov. 18

Diana Schmidt—Nov. 19

Robert Singer—Nov. 19

Gloria Rath—Nov. 21

Norma Buerkle—Nov. 22

Herschel O'Connor—Nov. 24

Joseph Nagell—Nov. 25

Jean Brenner—Nov. 29

Laura Bruha—Nov. 29

James Whitney—Nov. 29

Darlene Hepperle—Nov. 30