



Peekin Deah

THE PLAIN DEALER

Wise Health Consumer month

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It may be overshadowed by Valentine's Day and Presidents Day, but Wise Health Consumer Month has been celebrated in February for several years.

Encouraging people to carefully choose medical professionals, insurance, food, health products and healthy lifestyles is the aim of the program, sponsored nationally by the American Institute of Preventative Medicine.

The Ohio departments of Aging and Insurance are asking Ohioans to choose doctors who can best meet their needs and to understand all health insurance options, including Medicare benefits. Preventive care services, such as shots, vaccines and counseling to quit smoking, are often covered.

Representatives of the Ohio Senior Health Insurance Information Program can be reached at 1-800-686-1578 to answer questions about Medicare and other issues.

Information on programs and services for the elderly are available from the area agency on aging. Residents of Cuyahoga, Geauga, Lake, Lorain and Medina counties can call the Western Reserve Area Agency on Aging at 216-621-8010 or find information on its Web site, psa10a.org. Area Agency on Aging 10B serves residents of Port age, Stark, Summit and Wayne counties and can be reached at 330-896-9172 or on its site, services4aging.org.

Be safe:

Fairhill Center will host a Safety Fair from 11 a.m. to 3:30 p.m. on Wednesday, Feb. 27. It will focus on helping caregivers and older adults stay safe in their homes, on the street, and when using technology.

Presentations include discussions of Alzheimer's disease and memory fitness. Other sessions will focus on balance, caregiv ing and exercise.

Several community organizations will have exhibits. Work shops will be offered on mail and e-mail fraud, avoiding street crime and how to be safe on the Internet.

Caregivers who at tend will get a free lunch. Meals will also be available for purchase. Respite care and

child care is provided on campus.

The safety fair is free. Fairhill, which offers programs for older adults, is at 12200 Fairhill Road, Cleveland. For information, to purchase meal tickets or reserve a caregiver no charge meal, call Fairhill at 216-421-1350.

Golden Buckeye Birthday:

The Golden Buckeye card program, which allows seniors to receive discounts at businesses and on prescriptions, celebrates its 32nd anniversary this month.

Every Ohioan who turns 60 receives a free card. It is also given to adults age 18-59 with a disability defined by Social Security.

The Golden Buckeye card includes the Ohio's Best Rx prescription drug discount program. Best Rx lowers the cost of prescriptions for Ohio residents who do not have drug insurance coverage for all drugs. Savings average 30 to 40 percent on prescriptions at more than 2,300 participating pharmacies.

More than 20,000 businesses statewide offer discounts, generally 10 percent, on merchandise or services. The card's Web site goldenbuckeye.com allows people to search for businesses by county and city. For more information about the Golden Buckeye program, check out the Web site or call 1-800-422-1976.

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