



# Area 8 Memo November 2009



*For to be free is not merely to cast off one's chains,  
but to live in a way that respects and enhances the  
freedom of others. -- Nelson Mandela*

## **No More Residential White Pages Delivered??**

According to the Ohio Consumers' Council, residential white pages directories for folks in the Cincinnati, Cleveland & Columbus areas are no longer automatically delivered to homes & businesses.

**AT&T Ohio** customers in the Cleveland & Columbus metro areas will no longer automatically receive the **AT&T** white pages directories. Also, **AT&T** may limit distribution of white pages to other areas in the future. Customers may receive a printed directory only by ordering one through the company. In the Cleveland & Columbus areas, customers can call 1-800-346-4377.

For those who were not aware, **AT&T's** white & yellow directory listings are also available online: [www.RealPagesLive.com](http://www.RealPagesLive.com) & [www.YELLOWPAGES.com](http://www.YELLOWPAGES.com).

**Cincinnati Bell** customers will likewise no longer automatically receive the white pages directory, but they may also receive a free copy by calling the company at 513-566-2665 (BOOK). Forms to order the directories are also available at [www.cincinnatiBellgreenpages.com](http://www.cincinnatiBellgreenpages.com). Also, Cincinnati Bell customers may also access listings online at [www.cincinnatiBell.com/whitepages](http://www.cincinnatiBell.com/whitepages). Those with Cincinnati Bell's ZoomTown broadband service can search white pages through [www.zoomtown.com](http://www.zoomtown.com).

These & other news items can be accessed through the Ohio Consumers' Council web site, [www.pickocc.org](http://www.pickocc.org), or you can order their newsletter by calling 1-877-742-5622 (1-877-PICKOCC).

## **What's New?**

### **Wheeling Caregiver Support Group**

The **Altenheim Resource Center** & the **Upper Ohio Valley Health Ministries Task Force** are sponsoring a special program during the December 4<sup>th</sup> meeting of the Caregiver Support Group. Several noted speakers will discuss Alzheimer's, caregiving, & featured segments of the HBO documentary, **The Alzheimer's Project**.

Special guest speaker will be Bernard Schreurs, Ph.D., of the Blanchette Rockefeller Neurosciences Institute of West Virginia University. Other featured speakers include Robin Straight, MSW, National Family Caregiver Association – WV, & Wendy Hamilton, Coordinator, Mid Ohio Valley office of the WV Alzheimer's Association.

The program is **free** & open to the public, but it is **limited to 50 participants**. A light lunch will be provided & **reservations are required**. The program will be held in the Fellowship Hall of the First Christian Church, 1343 National Road, Wheeling WV. Registration begins at 9:15 a.m., with the program beginning promptly at 10:00 a.m. **To pre-register call the Altenheim Resource Center at 304-243-0996.**



*As we let our own light shine, we unconsciously give other people permission to do the same.*

**-- Marianne Williamson**

## **Medicare Check-Up Days 2009**

Do you or does anyone you know need accurate, unbiased information about Medicare and the Medicare Part D prescription drug benefit? Get those questions answered this fall at **Medicare Check-Up Days**, a series of free community events sponsored by the **Ohio Senior Health Insurance Information Program [OSHIIP]** at the Ohio Department of Insurance. At these events, to be held across Ohio during October, November & December, you will receive individualized attention that will help you:

- ◆ Learn about recent changes to Medicare.
- ◆ Find out how the Nov. 15 – Dec. 31 Medicare Annual Coordinated Election (sign-up) period can work for you.
- ◆ Get tips on how to enroll for 2010 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare Health Plan.
- ◆ Learn how to identify your best coverage & how to switch Part D plans and/or Medicare Health plans for 2010.

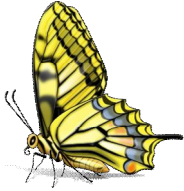
Here are just a few of the many remaining dates & locations for **Check-Up Days**:

| <b><u>Location</u></b>  | <b><u>Day/Date/Time</u></b>              |
|---|--|
| <b>Guernsey County</b> – Area Agency on Aging #9<br>60788 Southgate Rd., Byesville      | Wed. Nov. 4<br>10:00 a.m. – 3:00 p.m.    |
| <b>Belmont County</b> – Barnesville Hospital<br>639 W. Main St., Barnesville            | Thurs. Nov. 5<br>10:00 a.m.              |
| <b>Medina County</b> – Wadsworth Center for Older Adults<br>138 High St., Wadsworth     | Fri. Nov. 6<br>10:00 a.m. – 3:00 p.m.    |
| <b>Trumbull County</b> – Girard Multigenerational Center<br>443 Trumbull Ave., Girard   | Tues. Nov. 17<br>10:00 a.m. – 3:00 p.m.  |
| <b>Summit County</b> – Twinsburg Public Library<br>10050 Ravenna Rd., Twinsburg         | Wed. Nov. 18<br>10:00 a.m. – 4:00 p.m.   |
| <b>Jefferson County</b> – Steubenville YWCA<br>320 N. 4 <sup>th</sup> St., Steubenville | Thurs. Nov. 19<br>10:00 a.m. – 2:00 p.m. |
| <b>Carroll County</b> – Carroll Co. Friendship Center<br>100 Kensington Rd., Carrollton | Thurs. Nov. 19<br>10:00 a.m.             |
| <b>Marion County</b> – Chadwick Place<br>1401 Wellness Dr., Marion                      | Fri. Nov. 20<br>10:00 a.m.               |
| <b>Washington County</b> – O’Neil Senior Center<br>333 Fourth St., Marietta             | Mon. Nov. 30<br>9:30 a.m.                |
| <b>Holmes County</b> – Millersburg Medical Building<br>1261 Wooster Rd., Millersburg    | Tues. Dec. 1<br>10:00 a.m. – 3:00 p.m.   |
| <b>Tuscarawas County</b> – Tuscarawas County Senior Center<br>425 Prospect St., Dover   | Wed. Dec. 2<br>10:00 a.m. – 2:00 p.m.    |
| <b>Harrison County</b> – Carriage Inn of Cadiz<br>308 W. Warren St., Cadiz              | Thurs. Dec. 3<br>10:00 a.m. – 2:00 p.m.  |
| <b>Richland County</b> – Area Agency on Aging #5 Annex<br>800 Park Ave. West, Mansfield | Wed. Dec. 9<br>10:00 a.m. – 3:00 p.m.    |
| <b>Stark County</b> – Mercy Medical Center<br>1320 Mercy Dr. NW, Canton                 | Wed. Dec. 9<br>10:00 a.m. – 4:00 p.m.    |

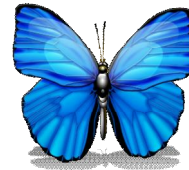
**Medicare Check-Up Days** are being held in many counties across Ohio. To find out where & when the Check-Up Day nearest you will be held, you can contact OSHIIP [Ohio Senior Health Insurance Information Program], 1-800-686-1578 or [oshiipmail@ins.state.oh.us](mailto:oshiipmail@ins.state.oh.us). Or you can contact the Area 8 Office for a listing of locations statewide: 330-343-9292 or 1-888-213-4452, Ext. #213.



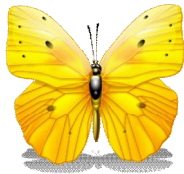
### *Life Lessons From A Butterfly!*



**Let go of the past . . .  
Trust the future . . .  
Embrace change . . .  
Come out of the cocoon . . .**



**Unfurl your wings . . .  
Dare to get off the ground . . .  
Ride the breezes . . .  
Savor the flowers . . .  
Put on your brightest colors . . .  
Let your beauty show . . .**



-- Unknown



If you wish to be removed from this mailing list, would like more information about support groups or other services, or if you prefer to receive this newsletter by e-mail, please contact: Chris Curtiss, Coordinator, Area 8 Office, Community Support Network, Brain Injury Association of Ohio, c/o Society for Equal Access, Independent Living Center, 1458 Fifth St. NW, New Philadelphia, OH 44663, 330-343-9292, 1-888-213-4452, ext. #213, [ccurtiss@biaoh.org](mailto:ccurtiss@biaoh.org). Services provided by the Area 8 Office are made possible with support from grants awarded through the Brain Injury Advisory Committee of the Ohio Rehabilitation Services Commission, with state & federal funding from Vocational Rehabilitation Programs, U. S. Dept. of Education. **Brain Injury Association of Ohio, 855 Grandview Avenue, Suite 225, Columbus, OH 43215 State Office Helpline: 1-866-644-6242**



*To live is so startling it leaves little time for anything else.*

-- Emily Dickinson



*Counselor to new boy at camp: "We want you to be happy, so enjoy yourself here. If there's something you want we haven't got, I'll show you how to get along without it."*

-- Unknown