

To The East Portland Action Plan Participants:

Multnomah County's Aging, Disability & Veterans Services Division can assist seniors and people with disabilities in your community in a variety of ways.

The **Aging and Disability Resource Connection** helpline, also known as the **ADRC**, is available 24 hours a day as a free resource to provide the public with information, assistance, and referrals on issues affecting older people and people with disabilities regardless of their income. Phone interpretation is always available through the ADRC. The ADRC phone number is **503-988-3646**.

The **Senior Health Insurance Benefits Assistance Program**, also known as **SHIBA**, is available to anyone regardless of income to provide free, one-on-one counseling sessions to assist with understanding Medicare benefits and making informed decisions about Medicare health insurance options. Certified volunteers can meet with you at any of the nine locations in Multnomah County. Volunteers also give presentations and trainings about Medicare for local organizations. To access SHIBA services, please call the ADRC at **503-988-3646**.

The **Oregon Medicare Savings Connect Program**, also known as **OMSC**, is available M-F from 8-5 to provide free eligibility screening and application assistance for the Medicare Savings Program and Extra Help Program. These are programs that can help reduce a person's Medicare expenses by waiving the Medicare Part B Monthly Premium and reducing Medicare Part D prescription drug costs. In other words, the OMSC can help a senior or person with a disability, people who are often living on a fixed income, save a lot of money. You might have seen our advertisement for the OMSC on page six of the July – October 2017 edition of the East Portland Neighborhood News. To reach the OMSC please call **1-855-447-0155**.

Finally, **Senior Medicare Patrol**, or **SMP**, is available to educate the public about how to protect oneself against Medicare fraud and how to detect and report it. To access SMP, please call the ADRC at **503-988-3646**.

If you would like more information about these services or would like some postcards and brochures to distribute to your community members, feel free to contact me at rosemary.schmidt@multco.us or **503-988-8551**.

Thank you,

Rosemary Schmidt
Outreach Program Coordinator
Multnomah County
Aging, Disability & Veterans Services Division