

As a **SeniorLife** member, you have access to these valuable programs:

FREE MEDICAL/MEDICARE COUNSELING & PROCESSING

When you need assistance with pre-authorization or rectifying processing errors, call Melissa, your **SeniorLife** coordinator, for an appointment.

PRESCRIPTION ASSISTANCE

SeniorLife works with over 400 pharmaceutical companies and programs. You may be eligible to receive free or discounted prescription drugs if you have a limited income and no prescription coverage or are in the Medicare Part D “donut hole.”



INSURANCE ENROLLMENT

SeniorLife is a free service that assists you with enrollment and looking at other resources that may be available to you. We offer Medicare Part D counseling and will compare different companies and prices. We can help determine what policy coverage is best for you depending on your specific medications.



BECOME A **SeniorLife** MEMBER

just fill out this form and mail it to:

Senior Life
P.O. Box 816, Lewiston, ID 83501

CENTER MALL STRIDERS

Join other members in a walking program designed for your individual physical capabilities.

COMMUNITY HEALTH EDUCATION RESOURCE CENTER (CHERC)

You will receive information about FREE health and wellness services and education programs presented by local healthcare professionals.

COMMUNITY INFORMATION & REFERRAL

Should you need services not provided by SJRMC, Melissa will assist you in obtaining outside resources.

ANNUAL **SeniorLife** PICNIC

Take part in this popular annual event sponsored by **SeniorLife** and get to know other members while enjoying an afternoon of delicious food and live music in Pioneer Park.

CAFETERIA DISCOUNT

Present your **SeniorLife** Cafeteria Discount Card to receive a 10% discount on meals served in the SJRMC cafeteria during these hours:

Breakfast: 6:30am-10am
Lunch: 11am-1:30pm (Sat. & Sun. Only)
Dinner: 5pm-7:30pm

Name

Address

City/State/Zip

Phone

E-mail

YES! Please mail my cafeteria discount card.

Please enroll my Spouse or Friend:

Name

Address

City/State/Zip

Phone

E-mail

YES! Please mail their cafeteria discount card

WHAT IS *SeniorLife*?

SeniorLife is a FREE program designed to meet the changing lifestyle and healthcare needs of active adults 60 years of age and older. *SeniorLife* Members have access to a variety of free healthcare programs and services.

WHERE IS *SeniorLife* LOCATED?

The *SeniorLife* office is located across the street from the Medical Center, on the first floor of the Carondelet House, at 608 5th Avenue (room 122) in Lewiston. Our doors are open from 9:00 AM to 1:00 PM every Tuesday and Thursday.

Parking is available south of the Carondelet House for your convenience.



CONTACT *SeniorLife*

Melissa O'Harra, *SeniorLife* Coordinator,
208-799-5529 or e-mail moharra@sjrmc.org

SENIOR *Life*

Making the most of a *Life*

St. Joseph Regional Medical Center



People committed to life.



**Community Health
Education Resource Center**

St. Joseph Regional Medical Center

www.sjrmc.org
608 5th Ave., Lewiston, ID 83501
(208) 799-5529

