



## KALOND'S CORNER

A MONTHLY SENIOR NEWSLETTER

JANUARY 2012 ~ VOLUME 1

**Happy New Year!** I am Kalond, your new Senior Case Manager, from The Angel's Depot. I am here to help you solve problems and to find additional resources that will help you maintain a healthier and lower stress lifestyle this year. I will be writing a monthly newsletter that you will find in your meal box. We will address topics important to you, such as Depot news, lifestyle tips, nutritional information, thrifty places to shop, senior health news, resources to help with your problems, good senior TV and we'll throw in a little humor to keep you chuckling!

I'll tell you a little about myself, since I know more about you than you know about me. I received my Case Management experience in New York. I am in the Marine Corps Reserves working in ground communications and proud of it. I've just returned from a 4-day drill. Geryldine, is my beautiful hard working wife, and Aja is my adorable daughter, who is way too smart for 7 years old!

**Here's the latest info from The Angel's Depot . . .** because you are receiving a **3.6% Social Security raise** this year, we are increasing the allowed income to **\$985** to insure you will continue to receive your monthly meal boxes. You will need to reapply, which means filling out the 2012 application in your meal box. You must bring it with you in February to pick up your meal box.

**Tips: Because you are on a fixed income,** always remember to ask for a senior discount when you are shopping or in a restaurant. For example, Ross stores give a 10% senior discount every Tuesday. Many stores and restaurants offer senior discounts everyday or at least one day each week, even if they don't advertise it. Senior discounts are also available for services like transportation and insurance. To receive additional discounts, apply for an AARP card and a California RX Card at CVS pharmacies or online at [Californiarxcard.com](http://Californiarxcard.com). Always ask your doctor for the generic version of your medication; this can save you big \$\$\$\$ on your prescription costs. **Don't forget to clip COUPONS!** They add up.

**If you have any suggestions** for a topic for your monthly Senior Newsletter or require any additional support, please feel free to call me on my mobile phone at **(760) 688-6603**. Remember **The Angel's Depot** is here to help!