



NORTHWEST AGING NEWS

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July-Oct 2009

IT'S THAT TIME OF YEAR AGAIN! MEDICARE PART D ANNUAL OPEN ENROLLMENT

Medicare Part D annual open enrollment will begin November 15 and run through December 31. This is the time for Medicare beneficiaries to make changes to their prescription drug (Part D) coverage. We strongly encourage all people with Medicare Part D coverage to complete a plan comparison each year, even if they are satisfied with their current plan.

WHY?

- √ There are over 40 Medicare sponsored prescription drug plans from which to choose for 2010.
- √ Some of the plans were not available in 2009
- √ A plan that met your needs in 2009 may not in 2010, because companies can adjust costs and change which drugs they cover every year

WHAT DO I DO?

- √ Go online and use the Medicare Prescription Drug Plan Finder at www.medicare.gov
- √ Or you can ask the Area Agency for help

HOW?

- 1) Fill out a plan comparison worksheet. There is a copy in this issue. They are also available at local pharmacies, senior centers and other businesses in your community.
- 2) If possible, get a printout of your drug list from your pharmacy

- 3) Mail the worksheet and the drug list to our office (or your local ARC – call us for contact information)
- 4) The results showing your top three drug plans will be mailed directly to you.
- 5) If you have questions or need help enrolling in a plan, call and make an appointment, or fill in an enrollment form and have us do it for you by mail.

In addition to Part D, the Area Agency on Aging and our partners can also provide information and assistance with other prescription cost-savings programs. Extra Help and Missouri RX are income-based programs that can help eligible beneficiaries with the out-of-pocket costs of prescription drugs. Our staff will be providing additional information about these benefits at our Part D outreach and enrollment events throughout the area. Watch for one near you or give us a call.

Please contact our office toll free at 888-844-5626 to locate someone near you who can help you or for answers to any of your other prescription drug questions. We have dedicated staff and volunteers waiting to help you.

* * *

INTRODUCING CRYSTAL SMITH

Callers to the Area Agency will most likely be greeted by Crystal Smith, who joined the Agency early in September. A native of Chadron, Nebraska, Crystal has lived on a farm near Stanberry since 2001 with her husband Kendall, her 16-year-old son Gentry and her daughter Whitney, who is 14 years old.

She and her husband work together on the family farm; and, as a true animal lover, Crystal's assortment of pets includes a Chihuahua, a variety of cats, 2 Australian Shepards, a pet calf named Squirt and 3 horses.

Crystal's very full schedule includes many activities at her church and helping out at some of the local businesses and in the kitchen at the Stanberry School. She and Kendall enjoy spending time with family and the young people at school and church, fishing, camping and cooking over the campfire. Crystal enjoys having great fellowship with people and cooking and baking in whatever spare time she can find.



She is the daughter-in-law of Vondale and Peggy Smith of Stanberry, and her husband's grandparents were the late Albert and Irene Ellis. Irene served on the Area Agency's Board of Directors.

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2009 SENIOR SUMMIT – OCTOBER 28-30 – COLUMBIA MO

Seniors from across Missouri gathered in Columbia for the Senior Summit, where there were national speakers and presenters, over 30 workshops and 60 interesting exhibits. They also



networked with peers from around the state.

Board members and NWMOAAA staff were among the 405 who attended.





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NWMOAAA ADRC OPENS IN ST JOSEPH



The Agency is proud to announce that an ADRC is now open in St Joseph. The grant that was recently received by the Agency and a coalition of partners is funding this latest venue to provide service to Buchanan County. Susan F. Moore is the new Aging and Disability Resource Consultant, and her office is located at 528 North 8th Street, in the Hope House. Susan Moore's professional career has focused on the needs of the disabled and underserved population for over thirty years. Her work has included HIV case management; health education, program and resource development; initiated and developed a statewide "continuity of care" program for HIV-positive individuals being released from Missouri State Prisons. That *Positive Start Discharge Program* was selected as a Best Practices Project by the Centers for Disease Control.

Susan coordinated a deficiency free "state regulated" hospice volunteer program, created the Heirloom Project, which captures life stories of Hospice Patients, and Memory Bears, made from the patient's clothing. Most recently, she developed employment sites and "coached" disabled individuals whose goal was to become gainfully employed.

Susan's two adult children live in Columbia, Missouri, and Seattle, Washington. Spoken like a proud grandmother, Susan reports that she is "the proud Grand-mommy' of three beautiful Grandarlings." Recently, Susan's life was blessed by the adoption of a little Shih Tzu, named Tashi Grace.

Susan believes that it is an honor to serve the senior and disabled population, and she feels extremely grateful to be a part of this exciting new ADRC project. NWMOAAA welcomes Susan with all her energy and good ideas as the Agency moves ahead to better serve our clients.

* * *

The Nurse's Note—To Your Health, from Leslie, R.N.

WHAT YOU SHOULD KNOW AND DO THIS FLU SEASON IF YOU ARE 65 YEARS AND OLDER --Actions To Take This Flu Season

- 1) Get Your Seasonal Flu Shot: The best way to prevent seasonal flu is by getting a seasonal flu vaccination each year. As always, the CDC recommends that people 65 and older get their regular, or "seasonal," flu vaccine as soon as it is available. This year is no exception, as seasonal flu viruses are expected to circulate along with the 2009 H1N1 viruses this flu season. You should also get the H1N1 vaccine when it becomes available.
- 2) Take Everyday Preventive Actions: This includes covering coughs, washing your hands often and avoiding people who are sick.
- 3) Seek Medical Advice Quickly If You Develop Flu Symptoms: Influenza can be a very serious disease for people aged 65 and older. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people might also have vomiting and diarrhea. You would want to see whether you might need possible treatment with antiviral medications. People who are 65 and older have priority to receive the antiviral drugs if they become ill with the flu, according to the

CDC's guidance. People can be infected with the flu, including the 2009 H1N1 flu, and only have respiratory symptoms without a fever. While people 65 and older are the least likely to be infected with the 2009 H1N1 flu virus, those who do become infected are at greater risk of having serious complications from their illness.

You may call Leslie at the Northwest Missouri Area Agency on Aging at 888.844.5626 if you have questions or for more information.

This information is from the Centers for Disease Control and Prevention website at <http://www.cdc.gov> As always, you should consult your own doctor for guidance concerning immunizations and treatment that is appropriate for you and your personal medical history.

* * *

NOVEMBER IS AMERICAN DIABETES MONTH

There are many people in the United States that are unaware that they have diabetes. Medicare Part B will cover checks for diabetes if you have certain risk factors. These risk factors include: high blood pressure, history of abnormal cholesterol and triglyceride levels, obesity or a history of high blood sugar.

Are you 65 or older?

Are you overweight?

Do you have a family history of diabetes?

Did you deliver a baby that weighed more than nine pounds?

There is no cost for the test for diabetes screening. You do have to pay the 20% co-payment for the office visit. Medicare Part B diabetes covered services may be found on page 29 of your 2010 Medicare & You handbook.

This is your Medicare Part D Comparison Worksheet

Northwest Missouri Area Agency on Aging

"Your Trusted Source of Unbiased Services and Information Since 1973"

211 South Polk Street; PO Box 265; Albany MO 64402

660-726-3800 or toll free: 1-888-844-5626

www.nwmoaaa.org



Not sure which Medicare Part D Plan will meet your needs?

Let us help. Complete both sides of this form and mail it to the following address:

NWMO Area Agency on Aging

PO Box 265

Albany MO 64402

You will be mailed an individual comparison with details about your top three plan options and information on how to enroll in the plan of your choice. Once you receive your comparison, you may call toll free (888) 844-5626 for further assistance or to schedule an appointment.

| | |
|---|--|
| Name: | |
| Mailing Address: | |
| City: | County: |
| Zip Code: | |
| Phone number: | |
| Medicare Claim # _____ (as it appears on Medicare Card, see example right) | |
| Medicare Effective Date: Part A ___ / ___ / ___ Part B ___ / ___ / ___ | |
| Date of Birth: (month/day/year) ___ / ___ / ___ | |
| Where do you have prescriptions filled? [] Local retail pharmacy [] Mail order | |
| Pharmacy name(s): _____ | |
| Do you spend a good portion of the year in another state? [] Yes [] No | Do you currently have any type of prescription drug coverage? [] Yes [] No |
| If Yes, what Plan do you have? _____ | |
| Are you on Medicaid or does the State pay your Part B premium? [] Yes [] No | |

NWMOAAA

The Agency serves 18 counties: Andrew, Atchison, Buchanan, Caldwell, Clinton, Daviess, DeKalb, Gentry, Grundy, Harrison, Holt, Linn, Livingston, Mercer, Nodaway, Putnam, Sullivan and Worth.

THE MISSION OF NWMOAAA

The Northwest Missouri Area Agency on Aging's mission is to promote systems that maintain and enhance the quality of life for older persons in their home and long-term care facility home environment. The Agency strives to listen to the needs and respond by developing programs that foster utilization of resources effectively and efficiently, localized community service provision and individual decision making. We value older persons as an important segment of society and believe they should be afforded independence, dignity, respect and the opportunity to contribute to society and their own well-being. We believe there is strength in diversity and value to working together toward the independence and happiness of all older Northwest Missourians.

SFY2010 BOARD OF DIRECTORS

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TO YOUR HEALTH!



Five a Day the Easy Way

Goal: Consume 5 Servings of Fruits and Vegetables Daily

- ✓ Tips for sneaking fruits and veggies into every meal: Cut up bananas and berries in your cereal, oatmeal, pancakes, waffles, muffins, etc.
- ✓ Add spinach or eggplant to lasagna – or – load quesadillas with bell peppers, onions, avocados and tomatoes
- ✓ Sip on 100% fruit or vegetable juice as a snack
- ✓ Take along raisins, applesauce cups, dried fruits or veggie chips for snacking on the go
- ✓ Add lettuce, tomatoes, onions and green peppers to sandwiches

Each of These Count As A Serving:

*An apple or peach the size of a tennis ball

*1 cup mashed potatoes or broccoli (about the size of your fist)

*6 ounces of 100% fruit juice

*2 stalks of celery

*2 small boxes of raisins

*8 large strawberries

*12 baby carrots

*1 large banana

*½ cup dried fruit

The Color Way

Red: Promotes heart health, memory function, urinary tract health, packed with antioxidants and slows the hardening of arteries.

Orange/Yellow: Promotes heart, vision and immune system health, lowers the risk of some cancers, contains antioxidants, can help prevent vitamin A deficiency.

Green: For bone health, promotes healthy teeth and eyesight, lowers the risk of some cancers, improves iron absorption and promotes healing of wounds.

Blue/Purple: Promotes urinary tract health, memory function, healthy aging and lowers the risk of some cancers.

White/Tan: Promotes heart health and healthy cholesterol levels, maintains low blood pressure, helps prevent calcium loss.

Some veterans in our area have taken part in the Veterans Honor Flights recently. This wonderful project provides transportation for veterans to Washington, D.C. so they can see their memorial. In the next newsletter, we plan to share some of their experiences.

*From their website: "Honor Flight Network is a non-profit organization created solely to honor America's veterans for all their sacrifices. We transport our heroes to Washington, D.C. to visit and reflect at **their** memorials. Top priority is given to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.*

Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation—and as a culturally diverse, free society."

~~<http://www.honorflight.org>

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The stories about some of the Centenarians in the 18 county area will resume with the next issues as well.

NORTHWEST MISSOURI AREA AGENCY ON AGING
PO BOX 265
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