

PREPARING FOR SUMMER HEAT WAVES

People aged 65 years or older are less likely to sense and respond to changes in temperature. People in this category must be given and reminded of the following information.

Closely monitor people who depend on you for their care:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.



FOR THOSE ENROLLED IN THE FAMILY HEALTH CENTER PROGRAM



FHC Pharmacy Questions and Answers

FHC members have many questions about how to use the FHC Pharmacy. Your Certified Senior Pharmacy Technician Ashley, who works as a Pharmacy Care Coordinator, has answers for you.

Q: How do I reorder my medicine?

A: You may reorder your medicine by phone, mail or online.

- Call FHC Pharmacy at 1-800-782-8581, ext. 9-7474.
- Place your prescription receipts in our purple postage paid envelopes and mail to us.
- Go to www.marshfieldclinic.org and be sure to select the Family Health Center Pharmacy on the order form.

Q: How long does it take to receive my medicine after I order them?

A: Make sure to order your medicine at least 2 weeks in advance.

- It is never too soon to reorder your next refill of medicine, even if you received it today. We will mail the refill of medicine to you at the right time.

Q: When my provider orders a new medicine or I have a change in the dose of a medicine and it is sent to FHC pharmacy, do I need to call to order it before it can be mailed to me?

A: We cannot automatically send medicine to you. We rely on you to contact us about your medicine needs. Even if your provider says they will have FHC pharmacy mail the medicine, you will need to call us to let us know you would like that medicine sent.

Q: Do I have to use the FHC Pharmacy?

A: Using the FHC Pharmacy saves grant dollars and we are able to help other members like you. Medicine is provided as a benefit of FHC and your copays and shipping are paid for at 100%.

Q: What if I don't want to use the FHC Pharmacy?

A: If you choose to use an outside pharmacy for your maintenance medicine (you take it every day), you will be responsible for your medicine copay's. The FHC program will pay

for only two fills, per member, per year of your chronic maintenance medicine at an outside pharmacy. This is because we do require you to use the FHC Pharmacy for all your maintenance medication needs.

Q: If I fill at a local pharmacy, will there be a copay?

A: You will have a copay for a one month supply of medication of \$8 generic and \$15 name brand. If you have insurance that may affect how much your copay is.

Q: What if my copay is higher than \$8 or \$15?

A: You can be reimbursed for your copayment. Mail your original receipt and prescription receipt to FHC Pharmacy. FHC Pharmacy will submit it to Security Health Plan who will be in contact with you.

We are happy to answer questions you have about FHC Pharmacy. Please call Ashley or the FHC Pharmacy team at 1-800-782-8581 ext. 9-7474.

YOU ... YES, YOU!

Do you possess a valid driver's license, a good driving record and have a little extra time on your hands? Clark County elderly and disabled residents need volunteer drivers from the Neillsville area to transport them to medical-related appointments. This self-rewarding position may be for you. If you know of anyone who may be ideal for these positions, please let them know. Clark County Dept. of Social Services currently reimburses \$0.48/mile and some meal expenses. Please contact Tiffanee Tesmer at Clark County Department of Social Services for more information at 715-743-5233 or toll free 866-743-5233 or write Tiffanee Tesmer 517 Court St. Room 502 Neillsville, WI 54456 for an application.



Staying Home, Service Line Overview

Ministry Home Care provides comprehensive home-based services to all ages throughout central Wisconsin who need assistance due to an illness, injury, surgery or for those nearing the end of their life. Our home health team focuses on keeping you safely at home to prevent hospital readmissions. Home health is for all ages who have difficulty getting out of their homes and need assistance in improving their health status.

Ministry Home Care's hospice team works with patients and families to provide supportive end-of-life care. Dedicated to quality of life, hospice care stresses the importance of all human needs including physical, emotional, social and spiritual. For individuals who are unable to remain at home during their final months of life, Ministry Home Care provides care to patients at our hospice homes.

The Infusion team at Ministry Home Care Plus is comprised of pharmacists, nurses and dietitians. Support staff coordinate, administer and monitor home infusion therapies and services statewide.

Ministry Living Well provides supportive at-home services to allow individuals to thrive safely and independently in their home. Personalized care ranges from housekeeping services to personal care assistance up to 24 hours a day, 7 days a week with RN oversight. LPN services include medication set up and managing INR blood draws.

Ministry LifeDirect, available through Ministry Living Well, provides a 24-hour personal emergency response service to people who want to continue to live independently, but are disabled, elderly, or medically at-risk. The service provides a small unit that is worn by the individual; when the button is pushed, an alert activates medical assistance.

Our caring, professional team is dedicated to helping you stay at home...where you want to be.

If you or someone important to you might benefit from the ease of having health care in the home, please call Ministry Home Care at 866.740.1166.



Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

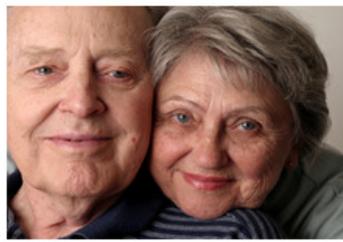
What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by health professionals. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



Public Health
Prevent. Promote. Protect.

Clark County Health Department
517 Court Street Room 105
Neillsville, WI 54456
715-743-5105
www.co.clark.wi.us/healthdepartment

Partners of the workshop include the Clark County Office of Aging



Wisconsin Institute
for Healthy Aging

1414 MacArthur Rd, Suite B
Madison, WI 53714
(608) 243-5690
info@wihealthyaging.org

wihealthyaging.org



Here's what some workshop participants have to say:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



Stepping On

Building confidence, reducing falls

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.



Public Health
Prevent. Promote. Protect.



Wisconsin Institute
for Healthy Aging

CLASS LOCATION:

**Abbotsford City Hall
(Inside the same building as the
Abbotsford Library)**

203 North 1st Street
Abbotsford, WI 54405

WORKSHOP DATES:

Thursday, July 14, 2016	1:30-3:30 PM
Thursday, July 21, 2016	1:30-3:30 PM
Thursday, July 28, 2016	1:30-3:30 PM
Thursday, August 04, 2016	1:30-3:30 PM
Thursday, August 11, 2016	1:30-3:30 PM
Thursday, August 18, 2016	1:30-3:30 PM
Thursday, August 25, 2016	1:30-3:30 PM

HOW TO REGISTER FOR THIS CLASS:

For additional information and/or to register for this class, please call

**Brittany Mews, RN BSN –
Clark County Health Dept.
at (715) 743-5106**

What is the Cost?

There is a \$15.00 fee for the entire workshop (7 sessions total). Included in this fee you will receive an adjustable ankle weight that you can keep. Snacks and refreshments are provided at each session. Please bring the \$15.00 to the first class (July 14th).



Dr. Andy Baldus

Falls Prevention – What do your eyes have to do with it?

There are many things that contribute to falls: new or unfamiliar surroundings, improper footwear, distractions while walking, and more; according to the *U.S. Centers for Disease Control and Prevention*:

- 1 in 3 adults aged 65+ falls each year
- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Falls contribute to 734,000 hospitalizations and more than 21,700 deaths per year
- The financial toll for older adult falls may reach \$67.7 billion by 2020

Falls, with or without injury, may greatly affect the quality of your life. A growing number of older adults fear falling, and as a result, limit their activities and social engagements which contributes to a loss of independence.

What you may not know is that having an eye disease or undetected eye condition may also increase your potential for falls. People with vision loss are almost twice as likely to experience multiple falls as those with normal vision.

With careful observation during yearly comprehensive eye exams eye doctors are able to optimize vision - allowing you to see your world clearly – by evaluating vision, glasses prescription, and eye health. There are several eye conditions that can affect your perception of the world around you:

- **Cataracts** – *discoloration of the lens in your eye(s)* - can make your surroundings less bright, create a haze or halo effect around lights, and make your vision blurry; referrals are made to a cataract surgeon for removal of the cataracts
- **Age-Related Macular Degeneration (ARMD)** – *a degeneration of the cells in your macula* - can blur or distort your central vision and make straight lines appear to be curvy or wavy; if severe - treatment by a retinal specialist may be required
- **Glaucoma** – *high pressure inside the eye* – can create “tunnel vision”- limiting your peripheral vision and if left untreated can cause irreversible vision loss; treatment options are available
- **Diabetes** – uncontrolled diabetes can cause blurred, fluctuating vision and sometimes may cause bleeding inside the eye called ***Diabetic Retinopathy*** - which often times requires treatment with a retinal specialist and careful management with your internist or general doctor

Falling does not have to be an inevitable part of aging. Through practical lifestyle adjustments, yearly comprehensive eye exams, and education on what you can do to prevent falls - the number of falls among senior can be reduced substantially.

Preserve your vision and your quality of life. Schedule a dilated comprehensive eye exam and find out what you can do to optimize your vision, maintain good eye health, and help keep you fall free.

Dr. Andy Baldus is an Optometrist at HealthView Eye Care Center-Colby.
He can be reached at 715-223-4003.

Senior Craft Shop Goes to Fair

Senior Crafters (Age 60+) who desire to have their items displayed and offered for sale at the Clark County Fair, August 10-14 may do so through the Senior Craft Shop booth at the fair. Aging Office staff and volunteers will work at the booth to sell the items for senior crafters.

Those desiring to have items for sale at the fair should bring them to the Aging Office in the courthouse by Friday, July 29, 2016.



You are invited to a
FREE FOOD DISTRIBUTION
FREE · FREE · FREE · FREE
CARING AND SHARING THROUGH FOOD

CLARK COUNTY FAIRGROUNDS

**You receive an abundance of grocery items.
*Everyone who gets hungry qualifies!
*Bring your own boxes or laundry baskets to carry food!
*Doors will open for Registration at 4:00 PM
NO EARLY REGISTRATIONS*

2016 Dates

July 12

Aug 23

Oct 11

5pm - 6:30pm

(Unless food is gone before 6:30)

More Info? Call 715-743-2471

Feed My People Food Bank

*Sponsored by
Living Hope Church of Neillsville
in cooperation with other area churches,
civic organizations and businesses*

FoodShare Replacement Card Update By the GWAAR Legal Services Team

Starting July 1, 2016, FoodShare members who report a lost or stolen QUEST card may be charged a fee for a replacement card. Each cardholder is eligible for one free replacement card each calendar year. Due to the change taking effect in the middle of the year, a fee will not be charged for the first replacement QUEST card from July 1, 2016 through December 31, 2016.

The replacement card fee is \$2.70, and it will be taken out of the member's FoodShare benefits account if the member has enough funds. If the member does not have enough funds in his or her account, the fee will be taken out when the benefits become available.

Members should expect to receive a letter explaining this change in early June.

'Vegetable Soup' Word Search

Find the names of vegetables hidden in the puzzle.

M S W I S S C H A R D J T W D W D
 C E N B A K S P I N A C H P E C R
 A A T P R D U Z E L V L V V J H H
 U X Y E Y P A S C G A W W A U A M
 L T N A L P G G E C A W X B P R L
 I V A X Q R Y K A Y U B A N S K E
 F T D K T E S X J K W R B Y P O T
 L O D D P P U O R T B V N A B F T
 O L Y C U P G Q C E L E R Y C H U
 W L N A M E A O R D M T U G V S C
 E A M E P P R E K O H C I T R A E
 R H D Z K R A Q G L E E K W B I H
 Z S Z I I A P J P T O M M R G T Q
 H V O E N V S S O I P T O H L R H
 D Q P G Z Q A R C O N C A R L M O
 M U U I U B R I T W C S J M A B S
 J N Y A N A L A V O Q D R Y O S F
 E G S H C R T C L P B E O A T T L
 O H A S A O U I E H U U G J P B X
 A Y F G D L P T X Q N O I N O T O

- ARTICHOKE
- ASPARAGUS
- BROCCOLI
- CABBAGE
- CARROT
- CAULIFLOWER
- CELERY
- EGGPLANT
- GARLIC
- LEEK
- LETTUCE
- OKRA
- ONION
- PARSNIP
- PEPPER
- POTATO
- PUMPKIN
- RHUBARB
- SHALLOT
- SPINACH
- SQUASH
- SWISSCHARD
- TOMATO
- TURNIP
- YAM

2016 SENIOR FARMER'S MARKET VOUCHERS

The Clark County Aging Department will continue distributing Farmer's Market Vouchers until they are gone. Eligible recipients will receive \$25 worth of vouchers that can be used at any participating farmer's market or roadside stand. Vouchers will be distributed on a first come/first serve basis. The Senior Farmer's Market Program offers you an opportunity to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers. Those eligible must be 60 years of age or older and have an income of \$21,978 a year (\$1,832 month) for a single person or \$29,637 a year or less (\$2,470 month) for a couple. For each additional household member add \$7,696 annually (\$642 monthly).

You will need to verify 2016 income (Social Security, pensions, IRA's, interest and dividends, wages, etc.). Basic information will be requested such as name, address, phone, birthdate, etc. If you have any questions, please call the Aging Office at 715-743-5144

Be on Alert!

By the GWAAR Legal Services Team

The end of tax season is a prime opportunity for scammers to target you. Scammers will target people who owe the IRS money and make threatening phone calls or demand information from you, like your Social Security Number. These people are NOT Social Security, IRS or government employees.

According to the Social Security Office, requests from a government agency will come in writing, and legitimate Social Security, IRS, or government employees will

NEVER:

call you to demand immediate payment;

demand that you pay a debt without the ability to appeal the amount you owe;

require a specific means of payment, such as requiring you to pay with a prepaid debit card;

ask you for your personal information or credit or debit card numbers over the phone;
or

threaten you with arrest or deportation.

If you receive one of these calls and are unsure what to do, hang up immediately. Do not give out any of your personal information. You can also request a number and extension as government officials have valid telephone numbers and extensions. After verifying that the information is correct, you can call back.

Do not feel pressured to provide any information over the phone, especially if you feel uncomfortable.



Right Size Living Seminar

Hometown Village in Loyal, 500 N Division St. will be hosting a seminar called *“Right Size Living”* on Wednesday, July 6th at 1pm. Learn methods to organize, declutter, map out a floor plan, and downsize to fit your living space. If you have any questions, please call Mary Purkapile at 715-305-4421



Food Scraps



National Baked Beans Month

The musical fruit, they say! The tasty, wonderful creation called the bean! In

July we get to celebrate the sweet concoction called the *baked bean* (although most baked beans are actually stewed in a sweet tomato or barbecue sauce and not baked). Baked beans are typically made from the navy bean, which is plentiful in North America.

High in protein and low in fat, the baked bean is a good source of potassium, phosphorus and iron. Baked beans are an

excellent source of fiber, providing a whopping 5-7 grams of dietary fiber per half cup! But they can be high in sugar, so they also can be high in calories—you just need to watch your portion sizes, and if you're making your own, be smart about how much sugar or syrup you put in your recipe.

And as with any canned food, store-bought baked beans can also be rather high in sodium. Watch your nutrition facts labels before

buying if this is a concern for you. There are many variations on the baked bean. In the UK baked beans are typically in a plain tomato sauce, but in the US the most common type is in a sweet sauce with pork or bacon for flavoring. Beans are a smart alternative to meat, but also an excellent side dish!



Beans, beans, the musical fruit. The more you eat, the more you...well... you know...



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**Beans contain sugars that humans cannot digest. When these sugars reach our intestines the bacteria break them down and form gases.**

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Did You Know?

Native Americans flavored their baked beans with maple syrup and bear fat

In 1876 B&M Beans were the first baked beans to be sold in cans

In 2001, Bush Brothers & Company sold an estimated \$235 million in baked beans alone



Elder Abuse: Definitions

Elder abuse is an intentional act, or failure to act, by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult. (An older adult is defined as someone age 60 or older.) Forms of elder abuse are below.

- **Physical Abuse:** the intentional use of physical force that results in acute or chronic illness, bodily injury, physical pain, functional impairment, distress, or death. Physical abuse may include, but is not limited to, violent acts such as striking (with or without an object or weapon), hitting, beating, scratching, biting, choking, suffocation, pushing, shoving, shaking, slapping, kicking, stomping, pinching, and burning.
- **Sexual Abuse or Abusive Sexual Contact:** forced or unwanted sexual interaction (touching and non-touching acts) of any kind with an older adult. This may include, but is not limited to, forced or unwanted completed or attempted contact between the penis and the vulva or the penis and the anus involving penetration, however slight; forced or unwanted contact between the mouth and the penis, vulva, or anus; forced or unwanted penetration of the anal or genital opening of another person by a hand, finger, or other object; forced or unwanted intentional touching, either directly or through the clothing, of the genitalia, anus, groin, breast, inner thigh, or buttocks. These acts also qualify as sexual abuse if they are committed against an incapacitated person who is not competent to give informed approval.
- **Emotional or Psychological Abuse:** verbal or nonverbal behavior that results in the infliction of anguish, mental pain, fear, or distress. Examples of tactics that may exemplify Emotional or Psychological Abuse include behaviors intended to humiliate (e.g., calling names or insults), threaten (e.g., expressing an intent to initiate nursing home placement), isolate (e.g. seclusion from family and friends), or control (e.g., prohibiting or limiting access to transportation, telephone, money or other resources) an older adult).
- **Neglect:** failure by a caregiver or other responsible person to protect an elder from harm, or the failure to meet needs for essential medical care, nutrition, hydration, hygiene, clothing, basic activities of daily living or shelter, which results in a serious risk of compromised health and safety. Examples include not providing adequate nutrition, hygiene, clothing, shelter, or access to necessary health care; or failure to prevent exposure to unsafe activities and environments.
- **Financial Abuse or Exploitation:** the illegal, unauthorized, or improper use of an older individual's resources by a caregiver or other person in a trusting relationship, for

the benefit of someone other than the older individual. This includes, but is not limited to, depriving an older person of rightful access to, information about, or use of, personal benefits, resources, belongings, or assets. Examples include forgery, misuse or theft of money or possessions; use of coercion or deception to surrender finances or property; or improper use of guardianship or power of attorney.

Services to Stop Elder Abuse

- ◆ Initial Assessment
- ◆ Advocacy
- ◆ Supportive Care to assist with daily needs
- ◆ Transportation
- ◆ Friendly visits by a volunteer
- ◆ Help to complete a Power of Attorney for Health Care
- ◆ For a person who is not competent - guardianship and protective services or protective placement
- ◆ Referral to other services as may be appropriate

All assessments look first at helping the elder person remain in his or her own home

An elder person who is being abused and is still competent has a right to refuse an investigation into the abuse.

BUT -

If an elder person has been adjudicated incompetent or is believed to be incompetent due to lack of understanding of his or her own care needs, a referral for protective services should be made.

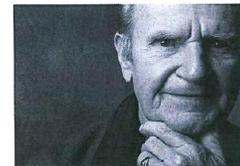
To Report Elder Abuse, Contact:

Clark County Department of Social Services
 517 Court Street-Room 502
 Neillsville WI 54456-1976
 Tel: 715-743-5233
 Toll Free: 866-743-5233
 Fax: 715-743-5242

Office Hours:
 Monday through Friday
 8:00 a.m. to 4:30 p.m.



Information about ELDER ABUSE



Clark County Department of Social Services
 517 Court Street-Room 502
 Neillsville WI 54456-1976
 Tel: 715-743-5233
 Toll Free: 866-743-5233
 Fax: 715-743-5242

3/2013

A reporter of elder abuse has a right to remain anonymous

Clark County Department of Social Services prohibits discrimination on the basis of race, color, gender, sexual orientation, age, disability, religion or national origin.

June is Men's Health Month

By the GWAAR Legal Services Team

Each June, we celebrate Men's Health Month. In 1994, Congress passed National Men's Health Week, which is now part of Men's Health Month. According to menshealthmonth.org, the goal is to "heighten the awareness of preventable health problems and encourage early detection and treatment of disease."

Men are encouraged to take a more active role in their health by eating healthily, exercising, and making disease prevention a priority. Below are Medicare's coverage guidelines for some preventative services.

Cardiovascular disease screening:

Cardiovascular disease screenings check your cholesterol and lipid (blood fat) levels.

Medicare covers this screening once every five years if it is ordered by a doctor.

You pay nothing for this screening.

Prostate cancer screening:

Men age 50 and over are eligible for a prostate screening once every 12 months.

You pay nothing for a prostate-specific antigen blood screening; you pay a 20% co-pay for a digital rectal exam.

Colorectal cancer screening:

Beneficiaries age 50 and older are eligible for colorectal screenings. The different screening methods have different time requirements.

Fecal occult blood tests are covered once every 12 months for those who are age 50 and older.

Colonoscopies are covered once every 120 months (or once every 24 months for those who are high-risk).

Barium enemas are covered (once every 48 months or once every 24 months for those who are high risk) when used in place of other screenings.

Multi-target stool DNA tests (ex: Cologuard) are covered once every three years if you meet all of the following: you are between ages 50 and 85; you show no signs or symptoms of colorectal disease; you are at an average risk for developing colorectal disease; and you have no family history of colorectal cancer.

Your costs vary based on which screening you receive. You are considered at risk for colorectal cancer if any of the following apply: you had colorectal cancer before; you have a family history

of colorectal polyps or colorectal cancer; you have a history of polyps; or you have inflammatory bowel disease.

Glaucoma test:

Medicare covers this screening once every 12 months for beneficiaries who are at a high risk for glaucoma.

You are at a high risk for glaucoma if any of the following apply: you have diabetes; you have a family history of glaucoma; you are African-American and age 50 or older; or you are Hispanic and age 65 or older.

Alcohol misuse screening and counseling:

Medicare covers one alcohol misuse screening per year.

If your primary care doctor determines that you're misusing alcohol, Medicare may cover 4 brief face-to-face counseling sessions per year.

You pay nothing for the test if your doctor accepts assignment.

Depression screening:

All beneficiaries are entitled to one screening per year.

The screening must be done in a primary care setting that can provide treatment and referrals.

You pay nothing if your provider accepts assignment.

Please note that your doctor may recommend screenings that are not covered by Medicare. After an initial screening, you may need further diagnostic testing; these additional services may or may not be covered by Medicare.

To determine which preventive screenings you need, speak with your primary care doctor. To view a copy of Your Guide to Medicare's Preventive Services visit <https://www.medicare.gov/Pubs/pdf/10110.pdf> or call 1-800-Medicare.

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***Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step. "I believe that if people can get more laughter in their lives, they are a lot better off," says Steve Wilson, MA, CSP, a psychologist and laugh therapist. "They might be healthier too." Yet researchers aren't sure if it's actually the act of laughing that makes people feel better. A good sense of humor, a positive attitude, and the support of friends and family might play a role, too. But while we don't know for sure that laughter helps people feel better, it certainly isn't hurting.....***

# MARK YOUR CALENDAR NOW SO YOU DON'T MISS OPEN ENROLLMENT

The Medicare Open Enrollment Period is an annual period of time (October 15 through December 7) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can then switch to, drop or add a Medicare Advantage or Part D plan. Medicare Advantage is also known as a “Part C” plan.

**What you can do during the Open Enrollment Period (OEP):**

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

**Why should I consider re-evaluating my current Medicare coverage during Open Enrollment?**

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Each year, insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket—like the monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to your plan’s “formulary” (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs. Below are some additional benefits of re-evaluating your coverage during Open Enrollment:

1. You can switch to better prescription drug coverage. Using Open Enrollment to switch your drug coverage—or add drug coverage for the first time—can make crucial medications that you need less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your plan’s formulary for next year).

2. You can save money and keep your doctor in-network. Switching your Medicare Advantage or Part D plan can potentially save you hundreds of dollars a year—especially if your current plan’s out-of-pocket costs will increase next year. One way to lower your medical costs is to check that your current doctors, hospital, and pharmacy are “in-network” with whatever Medicare Advantage or Part D plan you choose. If your insurance company has changed your plan’s provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs.

3. You can find a higher quality plan. Finally, check the quality of your plan using the Medicare 5-star ratings system. Plans with a 5-star rating are considered high quality and those with fewer than 3 stars are considered poor quality. If your current plan is ranked as less than a 3, consider using Open Enrollment to switch to a higher rated plan.

#### **Next Steps:**

**\* If you're in a Medicare plan, your plan will send you a "Plan Annual Notice of Change" (ANOC) each fall in SEPTEMBER. Read this notice carefully and put it in a safe place. The ANOC includes any changes in coverage, costs, or service area that will be effective in January (Open Enrollment is over before January). If you are going to take action – add drop or change coverage, you must do so during open enrollment. The only exception is if you qualify for a Special Enrollment Period (SEP). Many people do not qualify for a SEP.**

**\* How do I re-evaluate my current Medicare coverage during Open Enrollment (October 15<sup>th</sup>-December 7<sup>th</sup>)?**

Interested in re-evaluating and/or switching your current Medicare coverage? It's too early to do so now, but when open enrollment gets closer, please check in to one of the options below:

1. Use the plan finder tool on Medicare.gov. This is the official U.S. government site for Medicare.
2. During open enrollment contact the Aging Office at 715-743-5146 to **schedule an appointment** with Amy Nigon to review your coverage. It is important to schedule an appointment during this time of year (**October 15th – December 7th**) due to the high number of people seeking help with Medicare and Fuel Assistance. When you call to schedule an appointment (all appointments will be scheduled for dates between Oct 15th - Dec 7<sup>th</sup>, no earlier dates due to Medicare Information Availability on Medicare.gov), Amy can let you know what information she will need in order to help you review your coverage. If you need to leave a message, please leave one message that includes your name, phone number and brief message explaining that you would like to schedule an appointment to review Medicare options. Amy is due to have a baby in late July or early August, 2016. As open enrollment approaches, if Amy is still not back from maternity leave, please call the Aging Office at 715-743-5144 to check in to available resources or use resource #3 or #4 on this list if you have Medicare related questions and are not able to wait until Amy returns to work.
3. The Wisconsin Medigap Part D and Prescription Drug Helpline for People Age 60 and Over 1-855-677-2783 is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.
4. The Medigap Helpline 1-800-242-1060 is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.

# **MARY'S COMMENTS**

## **ARE YOU A CAREGIVER?**

Caregiving can be rewarding, but it can be hard – even if you are caring for a friend or loved one. The National Family Caregiver Support Program is a place you can turn for help. The program offers information, support and resources to help caregiver's better care for their loved ones and themselves.

If you check one or more of these statements below, you are a caregiver. Do you do any of the following?

- Provide direct care to someone such as feeding, bathing, dressing, supervision or any other type of care
- Provide supportive care such as delivering meals, giving rides, calling or stopping in to check on someone, helping with housekeeping or outside chores
- Feel concern that someone you know isn't taking care of him or herself

There are two programs administered by the Aging Department where you may access services if you care for someone over 60 who needs help with 2 or more activities (ADL's) such as getting in and out of the bath or shower, getting dressed or undressed, completing toilet activities, getting in and out of a bed or chair, etc. or Instrumental Activities of daily living (IADL'S) such as preparing meals, managing medications, handling bill paying, banking, doing housework and outside chores, etc.

- 1.) over 60
- 2.) with Alzheimer's or a related disorder
- 3.) Are a grandparent/ relative (55+) caring for a child (under 19)

There is funding available for respite and supportive work (maximum 112 hours a year). Some requirements apply to each program. Please call 715-743-5145 for additional information.

For a complete assessment and information on community resources and other programs, please call the Aging & Disability Resource Center (ADRC) and talk to an Information & Assistance Worker (Barb or Tara). They do home visits which will help them access your situation and help you "connect the dots". The ADRC is the front door to long term care programs like Family Care and/or can help you locate community resources. They are also a resource for long term care options when the need arises and the person you are concerned about is no longer able to live on their own. For folks age 19-59, there is a Disability Benefit Specialist who can assist you as well. For information call the ADRC toll free at 1-866-578-2372 or locally at 715-743-5166.

## 2016 SENIOR FARMER'S MARKET VOUCHERS

The Clark County Aging Department began distributing Farmer's Market Vouchers last month. There are plenty left. Please see the distribution schedule below for July. Eligible recipients will receive \$25 worth of vouchers that can be used at any participating farmer's market or roadside stand in Wisconsin. Vouchers will be distributed on a first come/first serve basis. The voucher packet will include 3- \$3 checks and 4 - \$4 checks.

The Senior Farmer's Market Program offers you an opportunity to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers. Those eligible must be 60 years of age or older and have an income of \$21,978 a year (\$1,832 month) for a single person or \$29,637 a year or less (\$2,470 month) for a couple. For each additional household member add \$7,696 annually (\$642 monthly).

Please bring proof of 2016 income (Social Security, pensions, IRA's, interest and dividends, wages, etc. Basic information will be requested such as name, address, phone, birthdate, etc.

### **DISTRIBUTION SCHEDULE**

June 1 until end of Season: Aging Dept. Room 201 Courthouse  
8:15 a.m. – 4:00 p.m.

July 6: Dorchester Nutrition Center: E. 2<sup>nd</sup> St. 11:15 a.m.

July 5: Thorp Nutr./Sr. Center: 116 N. Washington St. 11:00 a.m.

July 7: Owen Nutr./Senior Center: 112 E. 5<sup>th</sup> St., 11:15

July 19: Greenwood Nutrition Center 312 N. Reese St. 11:00a.m.

July 25: Loyal Nutrition Center 500 N. Division Street 11:00a.m.

July 26: Colby Nutrition Center 303 Lieders St. 11:00 a.m.

Additional dates and times may be scheduled depending on availability of vouchers. Clark County has 201 sets of vouchers. You must apply in person to receive the vouchers. Any questions, call the Aging Department at 715-743-5144.  
Clark County residents only.



**EAT HEALTHY! INCREASE FRUITS & VEGETABLES**

## July Schedule

### Senior Citizen Meetings

|             |         |
|-------------|---------|
| Abbotsford  | July 12 |
| Dorchester  | July 14 |
| Granton     | July 14 |
| Loyal       | TBD     |
| Neillsville | July 26 |
| Thorp       | TBD     |

### Nutrition Committee Meetings

|             |         |
|-------------|---------|
| Colby       | July 26 |
| Dorchester  | July 6  |
| Greenwood   | July 19 |
| Loyal       | July 25 |
| Neillsville | TBD     |
| Owen        | July 7  |
| Thorp       | July 5  |

### Alzheimer’s Support Group Meeting

July 12, 2016 1:30 p.m.

Neillsville Senior Center, 602 Oak St.

Summer Picnic/Pot Luck!



Clark County Office of Aging/Nutrition

517 Court St., Rm. 201

Neillsville, WI 54456

Local Call Number 715-743-5144

Toll-Free Call Number 1-866-743-5144

Aging Office Website: <http://www.co.clark.wi.us/index.aspx?nid=99>

**Elder Benefit Specialist Information**

If you need to speak with Amy Nigon, please note that she is due to go on maternity leave in late July or early August. Please call 715-743-5144 for assistance while Amy is on leave.

- ❖ Mary Sladich, Director
- ❖ Amy Nigon, Elder Benefit Specialist
- ❖ Lynn Crothers, Admin. Secretary

|                                           |            |
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