

THE ADRC CONNECTION

AGING & DISABILITY RESOURCE CENTER (ADRC) OUTAGAMIE COUNTY BRANCH

Human Services Building, 401 S. Elm Street, Appleton, WI 54911

(920) 832-5178 (866) 739-2372 Toll Free 7-1-1 TTY

www.yourADRCresource.org Email: adrc@co.outagamie.wi.us

October 2009

MEDICARE PART D SEASON

The Medicare Part D season is here. Medicare beneficiaries will receive a variety of important notices regarding their Medicare Part D prescription drug coverage as well as marketing materials from various private insurance companies offering Medicare Part D plans. As tempting as it may be to throw out all of the mailings, it is important to read mailings from your current Medicare Part D plan, Social Security Administration (SSA) or the Centers for Medicare and Medicaid Services (CMS).

Medicare Part D companies will send a notice to members whose plan will not be available in 2010. Since the plan will not be offered next year, the member will need to choose a different Medicare Part D plan during the annual election period November 15th through December 31st.

Insurance companies offering Medicare Part D plans and companies offering Medicare Advantage Managed Care plans such as Health Maintenance Organizations (HMOs) and Preferred Provider Organizations (PPOs), will begin marketing to the public in October. While a Medicare beneficiary cannot enroll at this time, the insurance companies will be trying to get beneficiaries interested for the November enrollment.

Medicare Part D companies will send letters to current members with any changes the plan will be making for 2010. The plan changes could include monthly premium amount, formulary additions or subtractions and co-payment amount. Letters from Social Security will also be sent to Medicare beneficiaries who were eligible for extra help during 2009 but will not be eligible during 2010.

If you do not understand any mailings you receive or have questions about Medicare Part D, contact the Aging & Disability Resource Center Outagamie County Branch (920) 832-5178; (866) 739-2372 Toll Free.

Reminder: The annual election period for Medicare Part D begins November 15th and runs through December 31st.

EXTRA HELP WITH MEDICARE PRESCRIPTION DRUG PLAN COSTS

If you get Extra Help with your Medicare Part D drug plan costs, Social Security may contact you to review your status. This review will ensure that you are still eligible for Extra Help and receive all the benefits you deserve. If you are not selected for review, there will be no change in the amount of Extra Help you receive.

Social Security will send a form for you to complete and return within 30 days. Any necessary adjustments to the Extra Help will be effective January of the following year. Possible adjustments might be: An increase in the amount you receive; a decrease in the amount; or termination of your Extra Help. If you do not return the form, your Extra Help will be terminated in January of the following year.

Social Security will send you a letter explaining the decision they make. The letter will explain your appeal rights if you disagree with their decision.

In 2010, Social Security will no longer count life insurance as a resource and will no longer count help received from others for household expenses as income. There will be no changes to the resource and income limits.

To qualify for Extra Help, your resources must be limited to \$12,510 for an individual or \$25,010 for a married couple living together. Your annual income must be limited to \$16,245 for an individual or \$21,855 for a married couple living together. Your income may be higher if you support other family members who live with you, have earnings from work and live in Alaska or Hawaii. These amounts may change in 2010.

For more information about Extra Help, call Social Security (920)739-7744, (800) 772-1213 Toll Free, (800) 325-0778 TTY or visit www.socialsecurity.gov. You can also call the Aging & Disability Resource Center ADRC (866) 739-2372 and ask to speak to a Benefit Specialist.

MEDICATION COLLECTION

What: Unwanted HUMAN AND PET prescription and over-the-counter medications including pills, capsules, liquids, creams, ointments, inhalers.



How: Keep medications in their original container. Do not mix medications. Keep label on bottle. You may cross off your name and address.

This program is FREE to households. For more information, contact Outagamie County Solid Waste www.co.outagamie.wi.us/sw/pharmaceutical.htm (920) 832-5277.

MEDICATION COLLECTION LOCATIONS

Appleton: Sat. 10/17, 10 AM-Noon
Aurora Pharmacy
1919 E. Calumet Street

Fri. 10/23, Noon-3 PM
Thompson Community Center
820 W. College Avenue

Kaukauna: Fri. 10/9, 11 AM-1 PM
Aurora Pharmacy
2700 Crooks Avenue

Seymour: Sat. 10/10, 10 AM-Noon
Seymour Public Works
445 Municipal Drive

TAKE CHARGE...STAY HEALTHY!

The following steps can stop the spread of germs and help protect you from getting sick with influenza (the “flu”), colds or other illnesses:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick as well.
- Stay home from work and school and avoid running errands. Not only will rest help you recover more quickly, but staying home will help prevent others from getting your illness.
- Cover your mouth and nose with a tissue when you cough or sneeze. This will help prevent the spread of germs. Be sure to throw the tissue in a wastebasket and then clean your hands right away.

- Washing your hands often will help protect you from germs. Be sure to use warm water and enough soap to create a lather. Rinse your hands completely to allow the water to carry the soap, dirt and germs away. If soap and water are not available, use alcohol hand gels.
- Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.

Not smoking, getting plenty of sleep, staying active, managing stress, drinking plenty of water, and eating healthy and nutritious food will help you stay healthy.

For more information, visit:

<http://dhfs.wisconsin.gov/communicable/influenza>

FLU SHOT MEDICARE COVERAGE

Medicare Part B provides coverage for the seasonal influenza virus vaccine as part of its preventive immunization services. The seasonal influenza vaccine is administered once a year in the fall or winter. Additional influenza vaccines (i.e., the number of doses of a vaccine and/or the type of influenza vaccine) are covered by Medicare when deemed to be a medical necessity.



The Influenza A (H1N1) virus has been identified as an additional type of influenza. The H1N1 virus vaccine will be provided to Medicare Part B beneficiaries as an additional preventive immunization service.

VA HEALTH CARE ELIGIBILITY FOR NON-DISABLED

Are you a non-disabled veteran who has been denied health care coverage from the Veterans Affairs (VA) Department? If so, you may be eligible for health care coverage from the VA now due to a recent rule change.

In 1996, Congress established a priority-based enrollment system for VA and a uniform package of medical benefits for all enrollees. Enrollment for the lowest priority of the eight groups called “Priority 8” veterans (veterans who are not being compensated for a military-related disability and who have incomes above a set threshold) was suspended on January 18, 2003. Veterans in that priority group who were already enrolled for care were permitted to remain enrolled.

VA originally suspended enrollment for Priority 8 veterans because it was unable to provide all enrolled veterans with timely access to its health care due to a tremendous growth in the number of veterans then seeking enrollment.

As of June 15, 2009, enrollment for Priority 8 veterans was reopened and the eligibility income thresholds were increased. This means that a significant number of Priority 8 veterans who were previously ineligible for benefits will now be eligible. Because the income thresholds vary from geographic area to geographic area (to account for differences in standard costs of living) there is not a single income limit that applies to all. However, the Veterans Affairs Department estimates that the increase makes approximately 266,000 previously ineligible veterans eligible for benefits. If you were previously denied health benefits or if you have never before applied for benefits, you should investigate your eligibility as soon as possible.

For more information, contact the Outagamie County Veterans Service Office (920) 832-5697.



Questions involving Social Security program rules and processes can and should be directed to the local Social Security office. For example, questions estimating or projecting retirement or survivor benefits should be answered by Social Security. Call Social Security (920) 739-7744 Appleton office, (800) 772-1213 Toll Free, (920) 739-6862 TDD or visit the Social Security webpage and use the "Retirement Estimator" online application www.socialsecurity.gov.

READ YOUR MEDICARE SUMMARY NOTICES!

Medicare Summary Notices are Medicare's explanations of coverage to a Medicare beneficiary. After a Medicare beneficiary receives a service from a Medicare provider or supplier, that provider or supplier notifies Medicare. Medicare then decides if the service is covered and how much coverage is available for that service. This determination generates a Medicare Summary Notice. Medicare Summary Notices are mailed out quarterly.

Medicare Summary Notices contain information about how or if Medicare covered a particular service or supply. Many dates of service may appear on the

same Medicare Summary Notice. Beneficiaries should go through each date of service to see how and if Medicare covered that service. A Medicare Summary Notice may contain information on both covered and uncovered claims. Importantly, it serves as a beneficiary's first notice of how Medicare covered a particular item or service. Beneficiaries who find services were not covered or not covered in the amount expected can appeal Medicare's decision contained in the Medicare Summary Notice. Important appeal rights are attached to the first notice of Medicare's coverage determination. There are deadlines for filing appeals of Medicare coverage determinations. For the first appeal redetermination, beneficiaries must file an appeal within 120 days from the receipt of the Medicare Summary Notice. The deadline begins to run as soon as a Medicare beneficiary receives the Medicare Summary Notice. Beneficiaries are presumed to have received the Medicare Summary Notice 5 days after the date on the Medicare Summary Notice -- not the date of the service. Failure to appeal a Medicare coverage determination within the set deadline may prevent appealing at all regardless of the merits of the appeal.

All Medicare beneficiaries should review their Medicare Summary Notice every time and for every service to make sure services and supplies are being covered correctly. If you need help understanding your Medicare Summary Notice, call 1-800-Medicare or make an appointment with the Aging & Disability Resource Center (ADRC) Benefit Specialist (920) 832-5178; (866) 739-2372 Toll Free. Benefit Specialists are Medicare experts and can help with appeals as well as providing information about Medicare benefits and services.

OBTAINING AN IDENTIFICATION (ID) CARD

Any Wisconsin resident who does not hold a valid photo license from Wisconsin or another jurisdiction may request a photo ID at Division of Motor Vehicle (DMV) service center. There is no age limit to apply for an ID card. When applying, it will be necessary to provide:

1. Proof of name and date of birth (certified U.S. birth certificate, valid passport or certificate of naturalization).
2. Proof of identity (document with a signature or photo).
3. Proof of Wisconsin residency.
4. Proof of U.S. citizenship, legal permanent resident status, legal conditional resident status or legal temporary visitor status.

5. Social security number
6. For links to what is accepted as proof for numbers 1-4, go to: <http://tinyurl.com/3wyk4>

The cost for original or renewal of Wisconsin ID card is \$28.

ROUNABOUTS?

Roundabouts provide safer and more efficient traffic flow than standard intersections. Roundabouts keep traffic moving one-way in a counterclockwise direction around a central island.



Steps for driving a roundabout:

1. Slow down. Obey traffic signs.
2. Yield to pedestrians and bicyclists as you approach the roundabout.
3. Yield to traffic on your left already in the roundabout.
4. Enter the roundabout when there is a safe gap in traffic.
5. Keep your speed low within the roundabout and stay in your lane.
6. As you approach your exit, turn on your right turn signal.
7. Yield to pedestrians and bicycles as you exit.

For more information, visit www.wisconsinroundabouts.gov.



CAREGIVERS SUPPORT GROUP
Wednesdays from 1:00-2:30 PM
St. Elizabeth Hospital -- 4 West Dining Room

Support group discussion:

- Maintaining stability in your family
- Financial issues
- Seeking help, sharing the care
- Managing the physical care of your loved one
- Your home as a "mini hospital"

What you will walk away with:

- New insight and confidence in your role as a caregiver
- Ideas on how to take care of yourself, physically and emotionally
- Techniques to ease the burden of caregiving
- Suggestions on how to manage your sleepless nights
- An experience that may change your life

FALL BACK

Daylight Savings Time ends 2:00 a.m., Sunday, November 1st. Turn clocks back one hour!



THE A B C AND D'S OF MEDICARE

Thursday, November 5th, 5:00 P.M.
Thompson Community Center, West Wing
820 W. College Ave., Appleton



Introductory seminar on Medicare, benefit programs and available resources.

Please RSVP by October 26th (due to limited seating) to the ADRC Outagamie County Branch (920) 832-5178; (866) 739-2372 Toll Free.

FREE THANKSGIVING DAY MEAL

THURSDAY, NOVEMBER 26TH
11:00 AM -2:00 PM

Monarch Gardens
2311 W. Spencer Street, Appleton



To arrange transportation or have a meal delivered if you are homebound, call Christ the Rock (920) 739-8383 or sign up

online www.christtherock.org.

No reservations needed for meals served at Monarch Gardens.

HOME ENERGY & WEATHERIZATION ASSISTANCE

It's time to start thinking about preparing for the 2009-2010 heating season. Recent changes enacted by the Wisconsin Legislature have dramatically increased the eligibility limits for the Home Energy Assistance Program (WHEAP) and the Weatherization Assistance Program.

The eligibility requirements are \$1,953 for a household of one and \$2,554 for household of two.

The type of assistance you can get through WHEAP and Weatherization is:

- Home energy payment assistance (help paying your heating and electricity bills)
- Energy crisis assistance (help paying your heat or other appropriate intervention in an emergency)
- Residential weatherization and other energy-related home repair (help fixing or replacing your furnace and other measures to make your residence more energy efficient)

If you applied for WHEAP and/or Weatherization in the past and were turned down because your household income was too high, now is a great time to re-check your eligibility by calling (800) 606-5596 Energy Services for Outagamie County or 1-866-HEATWIS.