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AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

Van Wert County Council on Aging

220 Fox Rd., Van Wert, OH 45891

Phone: (419)238-5011

www.vwcouncilonaging.com

Kevin Matthews, Executive Director

October-December 2017

Medicare Updates

As in the past, Medicare open enrollment will occur from October 15 until December 7. During this time individuals have the opportunity to add, change or drop health plans or prescription drug coverage plans. Any changes that are made become effective January 1, 2018. We often get asked the question, "should I have my prescription plan reviewed each year?", and the answer is a YES! Medication prices regularly change, as well as the specific drug formulary lists may change. For example on this year's formulary, a drug may be a tier 1 inexpensive drug and next year may not be listed as a preferred medication by the company. Over the years we have saved individuals \$1000's of dollars by reviewing their plans. It is important to note, that individuals cannot switch back and forth from one plan to another during the year. There is no cost to have your plan reviewed and we can easily identify what the most cost effective drug plan is for you. There is no reason for an individual to try and navigate this on their own and our trained representatives would be glad to help. To arrange an appointment contact us at 419-238-5011 or by e-mail at vwaging@vwcouncilonaging.com.

What is the difference between Original Medicare and Medicare Advantage Plans?

Original Medicare is the traditional program that is administered by the federal government through CMS (Center for Medicare/Medicaid Services). Original Medicare includes Part A Hospitalization and Part B Medical coverage. Those under original Medicare can expect to pay 20% of the cost of an outpatient type visit (example: doctor's appointment or an MRI test). Many individuals choose to purchase a private insurance plan that may cover some of their out of pocket costs (referred to as Medsup or Supplemental insurance). With original Medicare an individual can go to any doctor in the country and you will not need a referral to see a specialist.

A Medicare Advantage plan is sold by private insurance companies that are approved by Medicare. These companies must offer the same benefits as offered by original Medicare and some plans offer extra benefits such as vision or dental. The most common Advantage plans are either HMO's or PPO plans. With Advantage plans an individual has a deductible or copay for services. Individuals still are required to pay a monthly plan premium and will be required to see doctor's within the plan's network of doctors. To see a specialist most Advantage plans require individuals to have a referral from their primary physician. The drug portion is part of the Advantage plan and extra insurance plans are not available to help individuals offset their out of pocket costs. The enrollment period for Advantage plans each year from October 15 to December 7.

Individuals **may not** switch back and forth from original Medicare plans to Advantage plans throughout the year.

Be a part of improving the health of women.

We need women in your community who are 50 to 74 years old to take part in a research study.

POWER THROUGH PREVENTION

RISE: RURAL INTERVENTIONS FOR SCREENING EFFECTIVENESS

We are interested in your thoughts and opinions about cancer screening tests.

For more information, please call 1-877-304-2273, option 4 or

EMAIL RISE@osumc.edu

You will receive gift cards if you are eligible and participate.

The rise project is being conducted in areas where rates of breast, cervical and colorectal cancer are higher than the national average. Van Wert County is one of these targeted counties. The study is being conducted by The Ohio State University and Indiana University. The project indicates that low screening rates contribute to high cancer and increased death rates. The project help to learn more about what prevents women from getting recommended cancer screenings in hopes that women can obtain the healthcare they need. Those that participate in this study will receive gift cards for their participation.



What do you think of when you hear the word ZUMBA ?

Here at the COA we think of music and fun. Not only do we have Zuma Gold but we have Zumba Seated. What is Zumba seated do you ask? Zumba Seated is a class that allows you to get the benefits of exercise while you stay in your seat. This is excellent for those who use wheelchairs, walkers, or anyone who feels they would like to get some exercise yet feels more comfortable sitting. Class meets on Mondays at 12:15 to 12:45. Come join the fun. Zumba Gold meets Mondays 1pm -2pm and on Thursdays 9:30am- 10:30am.



Senior Dance

The COA welcomes back Melvin Mullins for an afternoon of music and dancing. On Thursday, October 12th we will have an afternoon of dancing and music along with snacks. Doors will open at 12:30 with music starting at 1pm.



Flu Shots

Van Wert County Health Department will be at the COA on Wednesday October 25, 2017 from 12:00 to 1:00 pm to administer influenza vaccinations. Forms are available at the front office and we will be glad to copy your insurance card that needs to go with the form. Contact the front office at the COA to schedule your appointment 419-238-5011.

Holiday Closings

Monday October 9, 2017 closed for Columbus Day (will have Monday Night Bingo)
Tuesday November 7, 2017 closed to activities for election
Thursday / Friday November 23, 24, 2017 for Thanksgiving and day after Thanksgiving
Friday December 22, 2017 close at noon



Weather Closing

It is that time of year when you wake up in the morning and to your surprise there is either snow or ice on the roads. Should the Van Wert County Council on Aging close due to weather it will be announced on the following locations: Van Wert County Council on Aging website: vwcouncilonaging.com, radio channel 99.7, Hometown Station channel 35 Lima, Indiana's News Center channel 21 or 33 Ft Wayne. Remember you can always call the Van Wert County Council on Aging before you head out to make sure we are here at 419-238-5011. If no one answers the phone, then the office is closed. Weather and

Transportation Clients, to ensure that we can give you the greatest and safest service, please have your driveway, sidewalk, and steps salted and cleared of snow.

Lunch & Learn

October 25, 2017 To be announced

November 29 2017 Van Wert Fire Department with fire safety

December 27, 2017 Memories of the past year

Do You Remember?

Blackjack chewing gum, Wax Coke-shaped bottles with colored sugar-water, Candy cigarettes, Soda-pop machines that dispensed bottles, Coffee shops with tableside jukeboxes, Home milk delivery in glass bottles with cardboard stoppers, Party lines, Newsreels before the movie, Butch wax, Telephone numbers with a word prefix (e.g., Olive - 6933), Peashooters, Howdy Doody, 45-RPM records ... and 78-RPM records, S&H Green Stamps, Hi-fi systems, Metal ice trays with lever, Mimeograph paper, Blue flashbulb, Packard's, Roller-skate keys, Cork popguns. How many did you remember?



Christmas Choir Special at the COA

On December 12, 2017 the Van Wert High School Choir will be at the COA to entertain us with beautiful music. After the music we will have a carry in meal. COA will furnish the meat so please bring a dish to share. Come out enjoy the music stay for a meal and conversation. Music will start at 10:30 a.m. with lunch following.



Looking for Suggestions

We are always willing to listen to you. If you have an idea of something you would like to try here at the COA come talk to us. Maybe an activity you would like to try, or craft idea you could teach. Maybe a group social gathering or a topic you would like to learn more about. Please let us know your ideas and we will see what can be done.

The Van Wert COA Memorial Fund

When a loved one passes, keeping their memory alive is a way of honoring their life and finding comfort in your own life as a survivor. Your gift toward the Memorial Fund helps to ensure that additional services for older generations are able to be provided. Monies raised by our memorial funds are distributed toward seniors in need.

Please Consider Your Gift to the Van Wert COA Memorial Fund. No gift is too large or too small. The Memorial Fund is managed by the VW COA Board of Directors. Gifts can be made directly to the Van Wert COA or can be bequeathed in one's will or trust. For more information contact Kevin Matthews, Executive Director at the Van Wert Council on Aging.

VAN WERT COUNTY COUNCIL ON AGING
220 Fox Rd.
Van Wert, OH 45891

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The mission of the Van Wert County Council on Aging is to assist older adults, age 60 and over, to live their lives with independence and dignity for as long as possible in the environment of their homes. The Van Wert County Council on Aging operates the Van Wert Senior Center.

The Van Wert County Council on Aging is supported by the Senior Services Tax Levies from Van Wert County, Title IIIB of the Older Americans Act administered by PSA3 Area Agency on Aging, United Way of Van Wert County, the Van Wert County Foundation, Transportation Contracts, Donations and Contributions.

The Van Wert County Council on Aging serves clients without regard to race, color, national origin, religion, sex or disability. We are and Equal Opportunity Employer.

Services provided by the Van Wert County Council on Aging include: Chore Services, Outreach, Information & Referral, Socialization, and Transportation.