

# LIMESTONE COUNTY COUNCIL ON AGING

October 2019

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## Medicare Part D



Medicare Part D Open Enrollment begins October 15th and will last until December 7th, 2018. The Limestone County Council on Aging provides free counseling sessions during this period and usually averages seeing 400 or more

clients. These sessions are by appointment only, and appointments may be set beginning this month. Please don't delay your call for one of these important sessions. Call (256) 233-6412 to set your appointment. The counselors are trained each year on the latest changes and developments and can offer you updated information about changes in premiums, deductibles, etc.

## *Medical Information Checklist*



1. Start a Health Care Notebook- a spiral notebook with pocket folders would work as would a binder (the 3- ring type) notebook to which you can add pages. Prepare a notebook for each person whose health care you must monitor (for example, one for you, one for your spouse).
2. To your notebook, add all vital information-date of birth, names of physicians, lists of medicines, information regarding any illness that should be monitored, any medical history, etc.
3. Designate one place in your house where everything will go immediately as it comes in; insurance papers, bills, information regarding drugs, warranties for home medical devices, etc.
4. Post-it notes are your best friend. Whenever you need to remember something, jot it down and stick it where it will serve as a visual prompt until you can add it to your notebook.

## SenioRx Program- Prescription Assistance



Are you struggling to find the money needed to pay for your prescription medications? Do you need help in obtaining prescriptions? Then Carla Sims with Limestone County Council on Aging is ready to assist you through the SenioRx program. Since its inception in 2002, the program has saved thousands of Alabamians millions of dollars in medication expenses by providing free or low- cost prescription drugs from pharmaceutical manufactures.

SenioRx is a program for Alabamians who are age 55 and older and for persons with disabilities of any age, who are diagnosed with chronic medical conditions requiring daily medication. The program aims to help people manage their chronic illnesses earlier and prevent more serious health problems later in life.

This medication assistance allows individuals to utilize their limited income for food and other important expensed.

Call Carla Sims today at 256-233-6412 to see if you qualify.

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### Fraud Prevention Tips



#### Fraud Prevention Tips

- Do not give your Medicare or Medicaid number to anyone over the phone, door-to-door solicitors, or to anyone you do not know.
- Treat your Medicare or Medicaid card like your credit cards – never loan it to anyone.
- Do not show or share your Medicare or Medicaid card in exchange for money.

# Breast Cancer



According to [nationalbreastcancer.org](http://nationalbreastcancer.org), “Breast Cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people can continue a normal life.” That is why it is so important for women to get an annual mammogram starting at the age of 40. The earlier it is caught, usually can be treated much better. There is a 99%, 5- year relative survival rate of early stage breast cancer. According to the Susan G. Komen website approximately 246,660 new cases of invasive breast cancer will be found this year.

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## Nutrition Center

Athens	256-233-6412
East Limestone	256-230-2829
Elkmont	256-732-4777
Owens	256-230-2753
Tanner	256-230-6400

## Activity Centers

Ardmore	256-423-2099
Goodsprings	256-232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals, Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality, and the ability to enrich the quality of life for themselves and others. Working closely with The Limestone County Commission, Tarcog, The City of Athens, the Area Agency on Aging, and other local agencies, the COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation  
Nutrition Centers  
Meals-on-Wheels  
In-home services

SHIP/Medicare Part D  
SenioRx program  
Legal assistance  
Volunteer Opportunities

## Know how and when to enroll in a Part D plan

Unless you already have good drug coverage through employer insurance or another source, you should sign up for a Part D plan for the first time during your Initial Enrollment Period. Your Initial Enrollment Period begins three months before your 65<sup>th</sup> birthday, includes the month of your birthday, and ends three months after. If you delay enrollment, you may have a late enrollment penalty added to your monthly premium when you later enroll.



## Upcoming Events

Open Enrollment begins October 15<sup>th</sup> and ends December 7<sup>th</sup>.

# Happy Fall Y'all!!!

