

AOASCC News & Notes



Best Senior Services

Independence

December 2016



Wishing you a
wonderful holiday season!

Make a Difference through AOASCC

We are making a difference in our community with each and every individual we help. Can we count on you to help us continue our work assisting individuals find the resources they need to be healthy, active and independent in the community? During this season of giving, your donation will help continue our efforts and support our mission.

Mrs. Anderson is just one of the many lives we touched this year.

Mrs. Anderson took great pride in her tomato garden. She was known as the "Queen of Tomatoes" in her neighborhood. But, after her husband died, she didn't have the money to buy plants. She was struggling to make ends meet on her Social Security. [Read the rest of her story.](#)

You can donate quickly and easily using a credit card with our secure online form by [clicking here.](#)

Spotlight on Volunteering

The ladies of the Bella Vista Knitting group, pictured below, again made a generous donation to r'kids Family Center of New Haven. They have made a commitment to support this organization through handmade items such as; hats, mittens, blankets, as well as with purchased toys and school supplies.

CHOICES

In 2013, approximately seven million Medicare beneficiaries were enrolled in QMB

We are proud that these ladies are part of AOASCC's RSVP Program!! Our hats off to you ladies!!!



Find out how you can use your abilities to make a difference - [click here.](#)

Caregiver Corner

Brain Health

There is no cure for dementia but there are ways to prevent or delay the onset of dementia. Caring for someone with advanced dementia is considered to be the greatest stressor for a caregiver. You can help limit the advancement of dementia and in the process make your role as a caregiver less stressful. The mind, body and spirit all interact in preventing the advance of dementia. Here are a few things that have been demonstrated to help.

Exercise the mind. Learning new and challenging things stimulates the brain to create new, healthy brain cells. Have your loved one learn a new hobby, complete crossword puzzles, word scrambles, word search puzzles. Try bridge lessons. Study a new language. Learn how to use the features of the computer and cell phone. Don't wait for the grandkids to do it. Teach your loved one how to do it him/herself.

Ensure the person you care for is engaged in social activities with other people. Maintaining social connections and making new connections is another way to keep the brain stimulated. Make sure your loved one has a purpose in life. We all need meaning at every stage in life but especially when we age and feel we are losing some of our original purpose. This can be challenging, but so very helpful. Volunteering is an excellent way to find meaning but if that isn't possible, there are often opportunities to "volunteer" from home. Some people make blankets or hats for babies and donate them to the local hospital. Some people make lap blankets and donate them to nursing homes. Some people collect food at church to give to the soup kitchen. There is some way for all of us to use our time and talent, even when some symptoms of dementia are present.

Lastly, **care for the body.** Regular exercise is a great preventative measure and there are so many creative ways to exercise, like tai chi, yoga, Zumba or swimming. Quit

(Qualified Medicare Beneficiaries Program), a Medicaid program that assists low-income beneficiaries with Medicare premiums and cost sharing.

State Medicaid programs pay Medicare providers who serve QMB individuals for the Medicare cost sharing. Federal law permits states to limit provider payment for Medicare cost share. Medicare providers must accept the Medicare payment and Medicaid payment as payment in full for services rendered to a QMB individual.

Medicare providers who violate these billing prohibitions are violating their Medicare Provider Agreement and may be subject to sanctions. Confusion about billing rules exists among providers and beneficiaries and federal studies show that many QMB beneficiaries have been billed in violation of Medicare agreement rules.

Federal law bars Medicare providers from charging individuals enrolled in the Qualified Medicare Beneficiary Program (QMB) for Medicare Part A and B deductibles, coinsurances, or copays.

In September 2016, all Medicare beneficiaries received "Medicare & You 2017," which contains new language to advise QMB individuals about their billing protections. Also, a toll-free number (1-800-MEDICARE) is available to QMB individuals if they cannot resolve billing problems with their providers. In addition, effective September 17, 2016,

smoking, get a good night's sleep. Eat brain healthy foods such as fish, leafy green vegetable, cooked beans. Eat berries and dark chocolate, walnuts and sun flower seeds. Limit fats and salt.

Help paying for groceries

Seniors often live on a fixed income, and watch as the cost of living goes up and up and up. There's an important program available that can help their budgets keep up! More than 4 million seniors use SNAP to help pay for food.

Visit BenefitsCheckUp.org/getSNAP or visit our website to [find out more](#).



Beneficiary Contact Center (BCC) Customer Service Representatives (CSRs) can identify a caller's QMB status and advise them about their billing rights.

If you are a QMB recipient and have been asked by your medical provider to pay a cost share for services and cannot resolve the matter with your provider, contact the Beneficiary Contact Center or your local CHOICES counselor.

AOASCC Happenings



December 15th

Interagency Council on Aging of South Central Connecticut

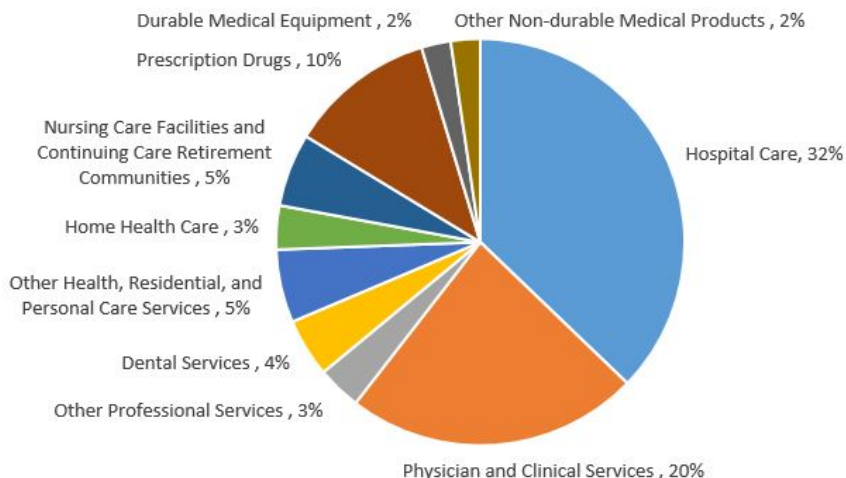
Join us for an informal, interactive discussion regarding new initiatives by the State of Connecticut. [Find out more.](#)



Did You Know?

In 2015, U.S. health care spending increased 5.8 percent to reach \$3.2 trillion, or \$9,990 per person.

What it was spent on:



Who paid:

Medicare - 20% Medicaid - 17% Private Health Insurance - 33% Out-of-pocket - 11%

[Read the full report](#) from the Centers for Medicare & Medicaid Services.



Need help finding support at home?

Care Network Link is a wonderful resource to find trusted providers: Homemaking, Personal Care Assistance, Live-In Caregivers, Wheelchair Ramps, Fall Alert Systems, Hair Stylists that come to your home.

Give us a call at 203-495-1655 or sign up for membership at www.CareNetworkLink.org Membership is FREE and will earn you discounts from the providers you hire. Care Network Link credentials all the providers before allowing them on the network to make sure they are trustworthy businesses to have in your home.

Social Security Disability Assistance Program

Our goal is to provide the knowledge and dedicated assistance necessary to succeed after you have been denied your claim for disability benefits. By navigating you through the Social Security maze, our goal is to truly be your advocate for independence®.

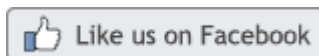
[Find out more.](#)

As part of the Agency on Aging's mission to advocate for independence, we are committed to building awareness, breaking down stereotypes and challenging unfair policies to stop ageism now.

Join the Conversation!



Stay Up to Date!



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