

## Area Bloggers



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# Age Spots: The Annual Medicare Edition by Jackie Dover

OCTOBER 08TH 2019 BY DEE LOFLIN

Age Spots: The Annual Medicare Edition by Jackie Dover

## **The Annual Medicare Edition**

Medicare Open Enrollment is October 15 through December 7 of every year. Open Enrollment allows Medicare Beneficiaries to join a Medicare Prescription Drug plan or a Medicare Advantage Plan if they have never enrolled previously. Beneficiaries may also switch their drug plan, or switch between a drug plan and an Advantage plan. Any changes made during this time will take effect on January 1, 2020.

Medicare Advantage Plans are Medicare approved plans that cover Medicare Part A, Medicare Part B and usually the Part D also. Medicare Advantage Plans sometimes offer services not covered under Original Medical, things like vision, dental and fitness benefits. For 2020, Medicare Advantage Plans can offer even more benefits including transportation to doctors, stipends for over-the-counter drugs and other services that promote health and wellness. These services will vary from plan to plan. Medicare Advantage Plans charge different copayment amounts for their covered services. Most Medicare Advantage Plans have a network of doctors you must use to get the most benefit from the plan. You can check the difference in different Advantage and Part D plans by using the Medicare Plan Finder.

The Medicare Plan Finder is the tool used to look at Medicare Prescription Plans and Medicare Advantage Plans. The Plan Finder has been completely revamped for this Open Enrollment; everything is new so if you do not want to be surprised on October 15, I urge

you to look at it now. Prescription medicines are entered and the available plans are sorted so the costs for each medicine, the premium amount and the deductible are easy to see. You can also compare the Advantage Plans and see the different benefits they offer. This will allow you to make an educated choice about what coverage you want for next year.

When you are reviewing your plan, coverage for 2020 it is also a great time to check to see if you are eligible for any of the Extra Help programs. For those who meet the income and asset guidelines there is help to pay the Medicare Part D premiums and assist with co-pays for medicine, there are also programs that can help pay the Medicare Part B premium.

I just want to also mention that there will be some changes for Medicare Supplements in 2020. Medicare Supplement plans C and F will no longer be available for those who become eligible for Medicare after January 1, 2020. For anyone eligible for Medicare before that you can still purchase a C or F plan. If you have a C or F plan, you can stay on it.

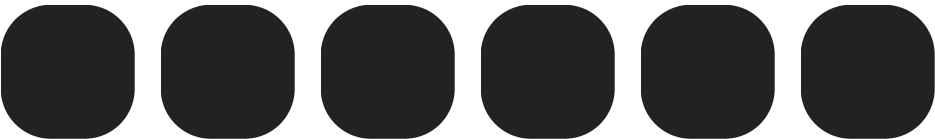
Aging Matters will have Open Enrollment events at senior centers, libraries and other locations throughout our service area to assist Medicare Beneficiaries, let us know if you need assistance.

To make an appointment for Medicare Part D or for more information call Aging Matters at 1-800-392-8771.

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## Lt. Governor Mike Kehoe Signs Bill Establishing Senior Growth and Development Program

JULY 31ST 2019 BY DEE LOFLIN

Lt. Governor Mike Kehoe Signs Bill Establishing Senior Growth and Development Program

### **Lt. Governor Mike Kehoe Signs Bill Establishing Senior Growth and Development Program**

Springfield, Missouri - Missouri Lt. Governor Mike Kehoe today signed legislation that establishes the Senior Growth and Development Program, a program designed to fund important services for Missouri's senior population. The official bill signing ceremony took place at the South Side Senior Center in Springfield, Missouri and was attended by more than one-hundred area senior citizens, legislators and representatives of senior advocacy groups.

The new legislation, part of SB 275 dealing with provisions of state law relating to health care, establishes the "Senior Services Growth and Development Program" in the Department of Health and Senior Services and creates a dedicated fund within the State Treasurer's Office that will be used to fund senior programs and services throughout the state. Programs eligible for such funding will be coordinated and implemented by Missouri's Area Agencies on Aging. SB 275 was sponsored by Senator David Sater of Cassville and was amended during the legislative session with provisions relating to the Senior Growth and Development Fund by Senator Wayne Wallingford and Representative Kathryn Swan, both of Cape Girardeau.

Lt. Governor Kehoe signed the legislation in his capacity as Acting Governor due to the fact that Governor Mike Parson is currently out of the country, but noted the fact he had discussed this specific legislation with the Governor prior to his departure. During those

discussions Kehoe indicated that this was one of the pieces of legislation approved by the legislature this year that he was most passionate about, and both agreed that it would be appropriate for signing by the Lieutenant Governor.

Kehoe also noted that the passage of this law reflected a strong team effort, not only by key legislators such as Senator Sater, Senator Wallingford and Representative Swan, but also by the professional staff in his office and the Missouri Legislature, as well as the countless advocates for seniors at the grassroots level who have worked on this legislation for more than four years.

Kehoe also said that it was appropriate that the official bill signing occurred in Springfield, MO rather than in Jefferson City, noting that sometimes it is “good to get out of the capitol. This is where the real work gets done.”

“Southwest Missouri is pleased to host this important bill signing. It represents years of dedicated work on behalf of seniors throughout this state,” said Starr Kohler, CEO of the SeniorAge Area Agency on Aging in Springfield. “This bill is dedicated to recognizing the value of seniors in the State of Missouri. This legislation shows that the Missouri Legislature does value Missouri seniors,” Kohler added.

Kohler noted that it was just one year ago that Mike Kehoe had been appointed as Missouri’s Lieutenant Governor, and that within that year he had upheld his pledge to advocate for senior Missourians by helping to pass this important program.

Missouri’s Area Agencies on Aging, who will be responsible for providing services through the Senior Growth and Development Program, were represented at the ceremony by Starr Kohler, CEO – SeniorAge Area Agency on Aging; Diana Hoemann, Executive Director of Care Connection for Aging Services; Rebecca Nowlin, CEO – Central Missouri Area Agency on Aging; and Catherine Edwards, Executive Director of the Missouri Association of Area Agencies on Aging.

The Missouri Silver Haired Legislature, which had made this legislation a priority during the past legislative session, was also represented by Barb Ittner, Ron Clark and Mary Chronister and Dorothy Knowles.

For additional information relating to this event and to the programs and services administered by Missouri’s Area Agencies on Aging, contact Catherine Edwards, Executive Director of the Missouri Association of Area Agencies on Aging at: [cedwards@ma4web.org](mailto:cedwards@ma4web.org), or by phone at: 573-619-6185.

Photo Attached: (Photo Credit – Juli Jordan, Senior Age Area Agency on Aging)

Pictured in photo: (Seated – Lt. Governor Mike Kehoe; Standing (left to right) – Dorothy Knowles, Kit Brewer, Ron Clark, Senator David Sater, Catherine Edwards, Diana Hoemann, Rebecca Nowlin)

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## Age Spots: A Big Win for Seniors by Jackie Dover

JULY 29TH 2019 BY DEE LOFLIN

Age Spots: A Big Win for Seniors by Jackie Dover

### **A Big Win for Seniors**

Most everything we do at Aging Matters is a team effort. We all work together to give seniors in Southeast Missouri the best possible meals, programs and services. We also

work with all the other Area Agencies on Aging (AAA's) in the state of Missouri to effect change for all of the seniors in Missouri. One of our biggest wins is the passage of the Senior Growth and Development Fund.

The Senior Growth and Development Fund is a sustainable dedicated funding stream that will be used by the Area Agencies on Aging to fund senior programs and services throughout the state. This will allow us to expand or begin services and 50% of the funds go directly to our local senior centers to help them with some of their needs. More funding means more services to a population that is rapidly expanding.

As many are aware 10,000, Americans turn 65 every day. This growth in the senior population has not been met with a similar growth in funding for programs to help these seniors, the Senior Growth and Development Fund will allow AAA's to provide services to more seniors.

The Senior Growth and Development Fund was part of SB 275 sponsored by Senator David Sater of Cassville and was amended during the legislative session with provisions relating to the Senior Growth and Development Fund by Senator Wayne Wallingford and Representative Kathryn Swan, both of Cape Girardeau.

Lt. Governor Kehoe signed the legislation in his capacity as Acting Governor due to the fact that Governor Mike Parson was out of the country, but noted the fact he had discussed this specific legislation with the Governor prior to his departure. During those discussions, Kehoe indicated that this was one of the pieces of legislation approved by the legislature this year that he was most passionate about, and both agreed that it would be appropriate for signing by the Lieutenant Governor.

Kehoe also noted that the passage of this law reflected a strong team effort, not only by key legislators such as Senator Sater, Senator Wallingford and Representative Swan, but also by the professional staff in his office and the Missouri Legislature, as well as the countless advocates for seniors at the grassroots level who have worked on this legislation for more than four years.

Kehoe also said that it was appropriate that the official bill signing occurred in Springfield, MO rather than in Jefferson City, noting that sometimes it is "good to get out of the capitol. This is where the real work gets done."

Getting this funding has been a long journey and we are so thankful at Aging Matters for the amazing team of advocates and supporters we have had. Every Area Agency on Aging in Missouri, the Silver Haired Legislature, Senior Centers and local volunteers have worked tirelessly to make this a reality. Senator Wayne Wallingford and Representative

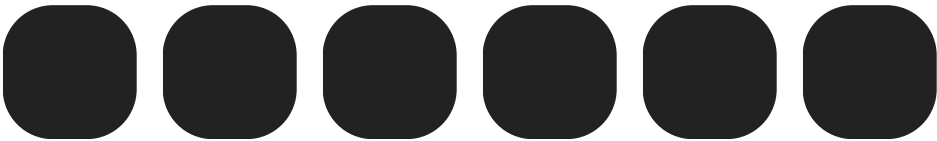
Kathy Swan, both proudly from Southeast Missouri, worked extremely hard to make this a priority in both the Missouri House and Senate and get the approval needed. This team effort has paid off for all of Missouri seniors and we look forward to making a difference in the lives of Missouri seniors for many years to come. This really is a win for seniors in Missouri!

For additional information relating to this event and to the programs and services administered by Missouri’s Area Agencies on Aging, contact Catherine Edwards, Executive Director of the Missouri Association of Area Agencies on Aging at: [cedwards@ma4web.org](mailto:cedwards@ma4web.org), or by phone at: 573-619-6185. Catherine Edwards contributed to this article.

LAST UPDATED ON JULY 29TH 2019 BY DEE LOFLIN

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Richland grad among P.E.O. Star Scholarship recipients

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## Richland grad among P.E.O. Star Scholarship recipients

**By NOREEN HYSLOP**  
**Contributing Writer**

Kate Wyman, a 2019 graduate of Richland High School, was honored recently for having been awarded the P.E.O. Star Scholarship.

Wyman was nominated for the prestigious scholarship by P.E.O.'s local Chapter CP. She is the daughter of David and Carrie Wyman of Essex. A luncheon was held in her honor on July 13, at the home of Rex and Donna Keller of Dexter.

The P.E.O. Star Scholarship is a \$2,500 scholarship based on excellence in leadership, extracurricular activities, community service, academics and potential for future success.

The program is open to young women who are citizens or legal permanent residents of the US or Canada who are graduating high school seniors at the time of application.

A student must be recommended by a P.E.O. chapter.

The P.E.O. Sisterhood was founded in 1869, and is an international philanthropic and education organization which promotes increased education opportunities for women.

Wyman will be attending the University of Missouri in Columbia in the fall and will pursue a double major in Journalism and Vocal Performance. In nominating Wyman for the award, Chapter CP noted her academic excellence, as well as church and community service. As both a vocal and performance artist, she has been involved with theater groups from childhood, including Sikeston's Little Theater and locally, Showstoppers, directed by Mary Ruth Boone of Dexter.

Additionally, Wyman has been active in numerous extracurricular activities at Richland High School and currently serves as secretary of BETA on the state level. She has been instrumental in organizing numerous programs and youth activities at the First United Methodist Church in Essex and is recognized for having co-founded the Fellowship of Christian Rebels, supporting Christian principles at Richland Schools. In May, she represented Richland High School as the 2019 class valedictorian.

Under the direction of Richland teacher, Kyle Carter, Wyman has earned repeated state and national recognition for her efforts in both photography and videography skills.

“We are so proud that Kate was selected for one of P.E.O.’s Star Scholarships,” said Chapter President Riley Taylor. “She is one of the most accomplished young women I’ve ever known. Her strong moral compass and academic record, coupled with a history of dedicated church and community service made her the perfect candidate.”

Photo above by Brandon Martin - Kate Wyman, 2019 Richland graduate, pictured at center, is the recent recipient of a \$2,500 Star Scholarship from P.E.O. Chapter CP. She is shown with the chapter’s Star Scholarship Chair, Mary Ruth Boone, at left, and Chapter CP President Riley Taylor.

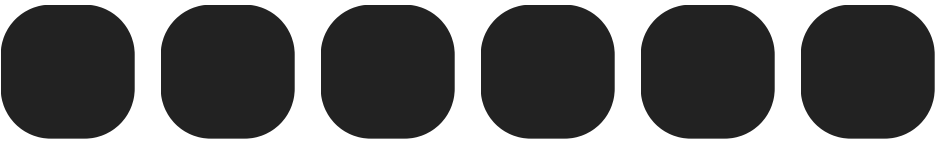
Photo below by Brandon Martin - Several members of P.E.O. Chapter CP gathered recently to honor Star Scholarship recipient, Kate Wyman. Pictured in front are Carol Vinson, Olivia Zunkle, followed by four generations of Kate Wyman’s family: (Great-grandmother) Merle Taylor, (Mother) Carrie Wyman, Kate Wyman, and (Grandmother) Marsha Keller. At far right are Mary Ruth Boone and Nona Robinson. Also pictured are: Jean Isbell, Pam Horton, Ann Dubrouillet, Noreen Hyslop, Donna Keller, Megan Keller, Cathy Bagby, Betsy Taylor, Pam Kruse, Jeanie French, Sharon Guy, Janice McCane, (and in back) Judy Crump, Susie Grobe, Shirley Gantner and Riley Taylor.

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## Age Spots by Jackie Dover: Tough Love-Family Caregiving

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JUNE 10TH 2019 BY DEE LOFLIN

Age Spots by Jackie Dover: Tough Love-Family Caregiving

### **Tough Love-Family Caregiving**

Rosalynn Carter once said, “There are only four kinds of people in the world; those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need a caregiver.” Caregiving is often referred to as the toughest job in the world. Many times, you are on duty 24 hours a day, 7 days a week with no time off, no breaks and usually no pay.

Caregivers sometimes have a very difficult time caring for themselves; there just are not enough hours in the day. Since 2001, Aging Matters has had a Family Caregiver Program that focuses on empowering and supporting unpaid caregivers providing care for someone over the age of 60. You do not have to be related to be a Family Caregiver and you do not have to provide round the clock care for this program to help.

The Aging Matters Family Caregiver Program assists caregivers by providing educational programs and information and assistance. Family Caregiver sponsors Caregiver Conferences throughout our 18 county service area, there will be a conference on June 12th in Piedmont, the theme is “Mentally Healthy and Happy”, there will be speakers and booths that can offer help and information. There will be other conferences scheduled including Grandparent raising Grandchildren conferences that will be in the fall after school starts. Those will be held in Cape Girardeau, Poplar Bluff and Hayti. Please call Aging Matters for more information about the conferences, 800-392-8771.

Sixty seven million people in the United States provide some care for a senior in their family or community, this number is growing every year. Respite Care is a service that is provided by the Family Caregiver Program. Respite care is needs based and allows a caregiver to take a break for a while and still have the loved one taken care of.

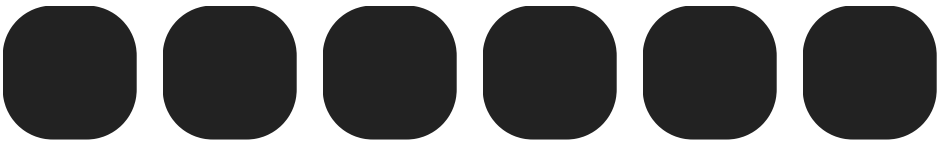
Family Caregiver also helps with Supplemental Services, which may provide supplies and goods necessary for keeping an elder at home. The supplies need to be things the caregiver cannot provide and are not covered by Medicare or Medicaid. These supplies are items such as nutritional supplements and incontinent supplies. A "face to face" assessment is completed with the caregiver. Assessments are evaluated and assigned a score value and supplies grants are awarded based on that score. There is a limit on supplies of up to \$250. Families may re-apply 12 months after they have used up their allotment.

We know caregiving can be an overwhelming task and no one should have to struggle through the process alone, it sometimes takes a team to provide care for an elderly loved one. The Family Caregiver Support Program helps caregivers find the keys to successful caregiving. Please call Aging Matters 800-392-8771

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