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Age Spots by Jackie Dover

JULY 27TH 2020 BY DEE LOFLIN

Age Spots by Jackie Dover

Things are changing quickly in 2020. We are asked to wear masks and social distance. We are buying our groceries through different avenues and having them delivered to our home or at least our car. Restaurants are offering curbside service and delivery providers will bring you almost anything. Even the way we see our doctors has changed. My mom's doctor has her call to check in when she arrives, the office will call her when they are ready to see her. This is responsible and effective at keeping patients separated. Another way to avoid the crowds when seeing the doctor is using a telehealth option.

According to the Centers for Medicare & Medicaid Services (CMS) Medicare will now cover telehealth services. Telehealth is an office visit, psychotherapy or consultation that is provided by an eligible provider who is not at the same location as you, using an interactive 2-way telecommunication system. You can "see" your doctor on your smart phone or laptop without leaving your home. Doctors can speak with you and "see" you and what issues you may have. They can diagnose a new issue or treat ongoing issues. They can prescribe medicines and can offer counseling services. Telehealth should not be used for an emergency.

There are several benefits to telehealth. First, you limit your exposure to other illnesses. COVID-19 is not the only virus out there. Without the exposure to viruses and other germs, we can stay healthier, even through flu season. There is less time waiting in an office and for those still working less time taken off work for routine appointments. In addition, there is no transportation involved so if you struggle getting to a doctor this could be a great help. Medicare will pay the standard 80% for approved telehealth

services.

Another thing that is a change for many on Medicare is making a MyMedicare account. A MyMedicare account lets you have access to your Medicare information all in one place. It is free, it is secure and it is easy to set up and access. If you need to look at a Medicare Summary Notice but have not received it yet, log in to your account. Lost your Medicare prescription card and need your id number, log into your account. Need to know how much of a Part B deductible you have left, log into your account. If you need help setting up a MyMedicare account we will be happy to help you, call Aging Matters 800-392-8771 and we can talk you through the process.

Do not forget if you have not responded to the 2020 Census yet, please do. For every Missourian that does not respond, Missouri loses \$1,300. So much funding for seniors, schools, roads and fire departments is based on census data. The more reporting we get, the more funding we get.

Responding is very easy; you can do it on-line [CLICK HERE](#) by phone 844-330-2020 or by mail if you received the census survey. You have to report basic information about those living in your home on April 1, 2020. The census will not ask you information about your banking accounts or credit cards. It will not ask for a social security number and they will not ask for money or donations. Door canvassing will begin August 11. If someone comes to your door saying, they are a census worker you can check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date. If you still have concerns, call 844-330-220 to speak with a Census Bureau Representative. If someone claims to be a census worker and they are not, please call your local police. Do not let anyone in your home, census workers will stand outside to speak with you.

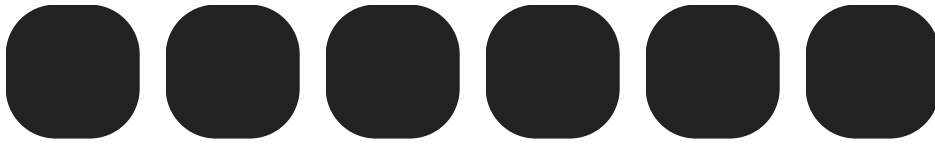
The new normal for many of us may mean less social interaction and more reliance on technology, but let's not forget to go outside on occasion. Sit on the porch and watch the sunset. Go fishing. Go on a picnic. Throw the ball around or watch a game. We can still do all these things and be safe.

If you have questions about Medicare, the 2020 Census or aging in general, please call Aging Matters 800-392-8771.

LAST UPDATED ON JULY 27TH 2020 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vefu/Age-Spots-by-Jackie-Dover>

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Age Spots: Timing is Everything by Jackie Dover

JUNE 22ND 2020 BY DEE LOFLIN

Age Spots: Timing is Everything by Jackie Dover

Timing is Everything

My middle son graduated from high school this year. It was not a traditional graduation; it was a drive thru graduation. We all loaded in a van and Braden hopped out to get sanitized in his cap and gown and then his name was called and he walked across a stage to get his diploma and pictures taken. He then hopped back into the van and we left. I was kind of let down, but he has his diploma so he is happy and ready to face his next challenge; Marine Corps Bootcamp. Graduating during a global pandemic is just bad timing on his part.

My son is 17 and has been working for almost 2 years, being out of school will allow him to “work more and make more money”. He has plenty of energy and time for that to happen. Many of the clients that call Aging Matters are on the other end of that spectrum; they are finishing their careers and trying to figure out what that means for their life.

Retirement, it can strike fear in someone’s heart with visions of boredom or can set the mind adrift in thoughts of free time and blissful relaxation. Most people fall somewhere in the middle and choosing when to retire can be difficult.

The majority of people become Medicare eligible at age 65. Eligibility can be earlier if you are disabled and drawing a disability check from Social Security. Many seniors who turn 65 are not interested in retiring yet, they want to continue working or they need the income working provides. So what happens with Medicare if I am working when I turn 65? It really depends on your situation.

If you turn 65, are actively working, and have an Employee Group Health Plan through your employer, you can decide to take Medicare or defer it. The majority of people do not have to pay a premium for Medicare Part A, so many choose to go ahead and take Part A.

The decision to take Part B is more complex. Medicare Part B has a monthly premium; the standard premium for 2020 is \$144.60 monthly. If you have coverage through your current work or your spouse's current work, you can defer Medicare Part B. If you have deferred Part B, when you lose coverage from your current work or lose your employment, you would need to take Part B. To apply for Medicare Part B you have to fill out a Medicare Part B application and submit it to Social Security. That form (CMS 40-B) asks for basic information, you can even indicate on the form when you would like your Part B to start.

Your employer will also have to fill out a form (CMS L564) and submit that to Social Security. The employer will have to indicate when your dates of employment were and that you had insurance through that work.

Many people defer Medicare Part D while they are employed and have insurance from their job. If your prescription coverage is creditable, as good or better than what Medicare offers, you can put off getting a Medicare drug plan until the insurance or employment ends.

Knowing when to take or defer Medicare's parts is important because if you do not act in a timely manner you can have penalties and may have to wait to enroll in Medicare. Timing is important with all things Medicare.

If you have questions or need help with Medicare, please call Aging Matters at 800-392-8771

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Patient Safety During COVID-19 Important to Select Physical Therapy

MARCH 25TH 2020 BY DEE LOFLIN

Patient Safety During COVID-19 Important to Select Physical Therapy

Patient Safety During COVID-19

To our valued patients and community members:

We have recently implemented some COVID-19 protocols in our outpatient centers. Your health and safety, as well as the health and safety of our staff and community, is our first and most important priority.

We have taken many prevention and preparedness steps to ensure we keep everyone safe. We hope that by providing this information, you can make a clear decision to continue your plan of care with us during this time. The following protocols are now in place:

Patient screening: All patients will be screened upon arrival of their appointment time to make sure they're not exhibiting symptoms. If a patient is presenting with COVID-19 symptoms, they will be advised to return home and contact their physician.

Staff screening: All employees will be screened for COVID-19 daily. Those presenting any level of symptoms will return home and follow up with their physician before returning to work.

Health hygiene protocols: Ongoing reinforcement to all staff regarding hand washing and other preventative measures for equipment and supplies are in place and being reinforced.

As a trusted and leading health care provider, it is our goal to ensure you can continue receiving care with the confidence that we have taken every precaution necessary regarding your safety while in our center. Please limit the number of people who accompany you to your appointments, unless they are necessary for transportation or assistance. If for any reason you are not feeling well, please contact the center and we will be

happy to re-schedule your appointment.

We will continue to work closely with the Center for Disease Control (CDC) as well a local, state and federal health officials as the situation evolves.

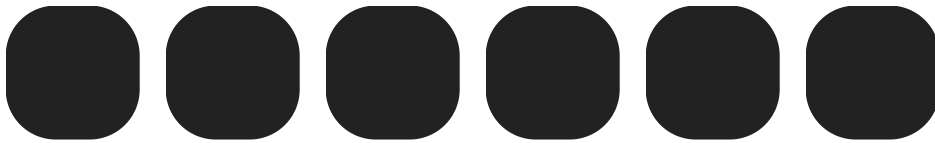
Thank you, as always, for your support in our shared mission to provide exceptional and safe patient care. Do not hesitate to contact us if we can provide further information regarding our preparedness and protocols.

In good health.

LAST UPDATED ON MARCH 25TH 2020 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/ve56/Patient-Safety-During-COVID19-Important-to-Select-Physical-Therapy>

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Updated Letter from City of Bloomfield Mayor Bill Aslin

MARCH 23RD 2020 BY DEE LOFLIN

Updated Letter from City of Bloomfield Mayor Bill Aslin

TO: Bloomfield Businesses, School, Churches, Organizations and Citizens

FROM: Bill Aslin, Mayor of Bloomfield

SUBJECT: Covid-19 Virus Update

DATE: March 23, 2020

Due to receiving additional knowledge about Covid-19 and how it can spread, along with how long it can live on exposed surfaces, I and the city council have voted to close down our City Park Playground area along with all bathrooms in the park. At this time we are leaving our walking track, tennis and basketball courts open. Please abide by CDC, National and State recommendations as to the limitation of ten or less to gather. I and our city council are in agreement that as soon as we get notice we have Covid-19 under control we will immediately open up our park to be enjoyed by all.

As a reminder: Effective today March 23rd, all city offices will have doors locked. This includes City Hall, Department of Public Safety, City Tax Collector and Library. Our staff will remain at their duty stations and will continue to serve our citizens. As previously stated we have a drop box at city hall for payments. If you need to contact us with questions or concerns please call Kari Standley, City Clerk, at: 573-568-3464. Our Public Safety Department phone numbers are still the same.

As of now our Transit Service will continue, however, this could change quickly but we want to try and continue to provide this needed service to our citizens that have no other way to get to the store, pharmacy etc.

The city council meeting scheduled for tonight, March 23rd has been canceled.

These very tough decisions are made in order to protect our city staff and our citizens.

I ask all to monitor our various Social Media Sites for future updates as your city council and I make them.

STAY SAFE!!!!

LAST UPDATED ON MARCH 23RD 2020 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/ve53/Updated-Letter-from-City-of-Bloomfield-Mayor-Bill-Aslin>

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Malden Mayor's Message by Denton Kooyman

MARCH 23RD 2020 BY DEE LOFLIN

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Malden Mayor's message By Denton Kooyman

Today I want to make a few very important points to the community as we head into a new week.

The first is that we all need to do our part to smooth the curve of this pandemic. Take social distancing seriously. There are still reports of kids gathering in groups. The school is closed and closed for a reason. Do the right thing. It is in the best interest of our community and all of our residents.

We understand that there is much concern in the City of Malden – and throughout our nation – regarding the coronavirus. In times like this, it's critical that we remain patient and calm, and use common sense. This situation is continually evolving, and one of our challenges is the continuation of necessary public services in the face of circumstances that are constantly changing. Please know that the City of Malden is working to ensure local services, while at the same time ensuring the health and safety of our workforce and the public.

We will continue to follow directives from the state and take guidance from the County Health Department. Again, the situation continues to change, and therefore our actions in response to the situation may also change. If you do not have Facebook this is the time to

get it. If you know someone that doesn't have it tell them to get it. The City, State, and County Health Department are all passing most information on this platform and believe this is the fastest way for us to get you constantly changing information.

We understand there may be different procedures in place within different city's; however, we are working to communicate and coordinate with other agencies in order to ensure we have the most up to date information and implement best practices.

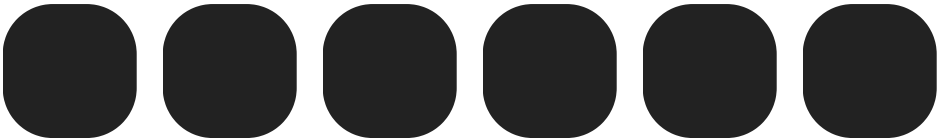
We have a lot of great Churches in our area, take advantage of their online messages and support. Say a prayer for everyone, God is constantly watching over us all. This is not the time for us to not worry about politics this is the time to take care of one another. Together as a whole, we are stronger. We wish you a wonderful week. We are here working for you. Stay positive. Be kind to one another. Keep your social distance. Stay safe. We will get through this! Thank you.

Sincerely,
Mayor Denton Kooyman

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