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Age Spots - The Vaccine Is Finally Here - By Jackie Dover

FEBRUARY 22ND 2021 BY DEE LOFLIN

Age Spots - The Vaccine Is Finally Here - By Jackie Dover

Age Spots - The Vaccine is Finally Here

I'm so tired of wearing a mask and staying away from people who do not live in my household. Virtual meetings are great but I miss seeing work partners and going out to eat at a restaurant. I miss my life before COVID. I'm sure I am not the only one. There is a light at the end of the COVID tunnel; there are now several vaccines available.

Aging Matters and the other Area Agencies on Aging (AAAs) in Missouri have partnered with the Department of Health and Senior Services (DHSS) to assist seniors with their online vaccination registration. Aging Matters will help seniors to register for the vaccine appointments; help arrange round trip transportation for those in need and make reminder calls when their second dose of the vaccine is available. "Navigating the web and registering online can be a challenge for seniors, so we're working closely with the AAAs to provide hands-on assistance with the process and make sure that folks have safe transportation to their appointments," said Jessica Bax, Director of the Division of Senior and Disability Services. "This partnership with the AAAs will ensure all Missouri seniors are able to access their vaccine."

As we begin the process of helping, people register for the vaccine I know there are several questions that people have about the vaccine.

The COVID-19 vaccine is safe. The COVID 19 vaccine still had to undergo an approval process, which is verified by an independent committee of health experts.

At this time, you need to take both doses of the vaccine unless you have a reaction to the first dose.

If you had COVID, you still need to get the vaccine.

The current vaccines do NOT contain the live virus, so you cannot get COVID from them.

You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it, keep this card and do not post it on social media!

If you have an allergic reaction, report it ASAP!

I am so excited to help seniors in my area register to get the vaccine, the sooner we all get vaccinated the sooner we can return to a more normal life. Until then please remain safe. Wear your mask in public, socially distance from others and take the precautions needed to stay safe, 2021 is looking up.

All Missourians age 65 and older are currently eligible for vaccination. Additionally, those with certain high-risk health factors are also eligible now. More information is available at [MOSTopsCovid.com/seniors](https://mostopsCovid.com/seniors) or call Aging Matters 573-335-2482.

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DHSS Collaborates with Area Agencies on Aging to Ensure Vaccine Access for Missouri Seniors

FEBRUARY 17TH 2021 BY DEE LOFLIN

DHSS Collaborates with Area Agencies on Aging to Ensure Vaccine Access for Missouri Seniors

A program designed to assist older Missourians with accessing COVID-19 vaccine launched today. In partnership with the Department of Health and Senior Services (DHSS), Missouri's Area Agencies on Aging (AAAs) will assist seniors with online vaccination registration, coordinate round trip transportation to and from their vaccination appointments, and conduct reminder calls for seniors' second doses.

“Navigating the web and registering online can be a challenge for seniors, so we’re working closely with the AAAs to provide hands-on assistance with the process and make sure that folks have safe transportation to their appointments,” said Jessica Bax, Director of the Division of Senior and Disability Services. “This partnership with the AAAs will ensure all Missouri seniors are able to access their vaccine.”

Seniors age 60 and older can seek assistance with the vaccination registration process by calling their local AAA, Aging Matters 573-335-2482.

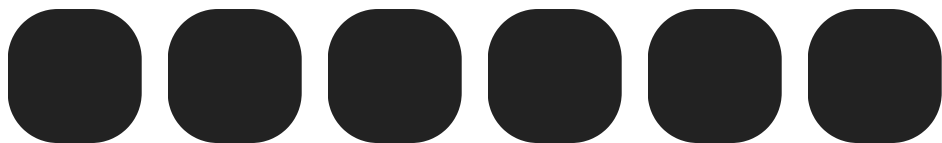
“AAAs are a trusted resource, rooted in every community across the State of Missouri,” said Ann McGruder, Executive Director of the Missouri Association of Area Agencies on Aging. “They are dedicated to serving seniors and meeting all their needs, especially during the COVID-19 pandemic. AAAs will play a vital role as DHSS works to ensure that every older Missourian has access to a COVID-19 vaccine.”

All Missourians age 65 and older are currently eligible for vaccination. Additionally, those with certain high-risk health factors are also eligible now. More information is available at [MOSTopsCovid.com/seniors](https://mostopsCovid.com/seniors).

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Newcomer Receives MO-ACHE President's Award

DECEMBER 09TH 2020 BY DEE LOFLIN

Newcomer Receives MO-ACHE President's Award

The Missouri Chapter of the American College of Healthcare Executives (MO-ACHE) recognizes Lisa Newcomer, RRT, MBA, FACHE, Service Line Director of Cancer Services at Saint Francis Healthcare System, as one of four recipients of its annual President's Award.

"Lisa is an exemplary leader who has been instrumental in our Healthcare System's response to COVID-19," shared Maryann Reese, RN, MHA, DHA, FACHE, President and Chief Executive Officer of Saint Francis Healthcare System. "She goes above and

beyond daily and is the epitome of servant leadership. Because of her dedication to our Mission and Values, no one is more deserving of this recognition than Lisa."

Each year, MO-ACHE recognizes distinguished leaders whose actions provide superior value to the chapter and other healthcare executives at the local level. The program is designed to acknowledge the outstanding accomplishments of its members.

"This awards program recognizes our members not just for the efforts they make but also the impact they have on the chapter. We are proud to recognize Lisa Newcomer as a President's Award recipient," said Chapter President W. Bryant McNally, JD, MPH, FACHE, Division Vice President of Membership Services with the Missouri Hospital Association.

MO-ACHE members are eligible for The President's and Regent Awards - each recognizing individual achievements. In recognition of their accomplishments, winners received special recognition during the Chapter's Annual Business Meeting, were awarded individual plaques and will be highlighted in the next Chapter Newsletter.

Saint Francis Healthcare System is guided by our mission to provide a ministry of healing, wellness, quality and love inspired by our faith in Jesus Christ. Founded by Franciscan Sisters in 1875, our priority remains the same: serve all who enter with dignity, compassion and joy. Serving nearly 715,000 people across Missouri, Illinois, Kentucky, Tennessee and Arkansas, our focus is on patients' outcomes, experience and value.

Anchored by Saint Francis Medical Center, a 306-bed tertiary hospital, and supported by nearly 3,000 colleagues and 300 providers in 11 communities, the Healthcare System is a driving economic force in the region. Major services include Primary Care, Gastroenterology, Cancer Institute, Emergency and Level III Trauma Center, Heart Hospital, Neurosciences, Orthopedics, Family BirthPlace and the region's first Level III Neonatal Intensive Care Unit.

Pictured: Pictured from left to right: Lisa Newcomer, RRT, MBA, FACHE, Service Line Director of Cancer Services, and Maryann Reese, RN, MHA, DHA, FACHE, President and Chief Executive Officer at Saint Francis Healthcare System.

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Age Spots by Jackie Dover - Medicare on My Mind

SEPTEMBER 28TH 2020 BY DEE LOFLIN

Age Spots by Jackie Dover - Medicare on My Mind

Medicare on my Mind

Medicare Prescription drug plan open enrollment will soon be upon us. October 15-December 7 is the time to join a Medicare Prescription Drug plan or a Medicare Advantage Plan if you 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, 2021. Medicare prescription drug plans cover only prescription medicine. Medicare Advantage plans are managed care programs that cover Medicare Part A, Medicare Part B and usually Medicare Part D. Advantage plans can offer benefits that original Medicare does not.

It is recommended that all Medicare beneficiaries look at what is available during open enrollment even if the plan you have was great this year. Many things can change with a prescription drug plan including the monthly premium and the deductible. The plans can also change what medicines they cover, what tier the medicines are on and the co-pays for each medication.

Because of COVID-19, our office will have some procedures in place to limit the possible exposure to our staff and our clients. We have a mandatory mask policy. If you enter our office, we require you to wear a mask. Masks, gloves and hand sanitizer will be available if needed. The staff will also be wearing masks and we will be cleaning doors, chairs and all surface areas between clients. We will only be working by appointment; we are unable to take walk-ins at this time. When you arrive for your appointment you will be screened and your temperature taken by staff. You will be given a pager and asked to wait in your car until your counselor is available. When we are finished, with a client we will clean the room and then activate the pager you were given and you will be let in the office. I know this sounds a little extreme but we take the safety of our clients and staff very seriously.

We can do most Medicare Part D appointments by phone. If you are in our area but not the Cape Girardeau area or if you feel more comfortable not getting out, we can schedule a phone appointment. We handle phone appointments the same as an in-person appointment; you will need to have your Medicare card and a list of your medicines. We will enter the information into the Medicare.gov system and let you know what plans cover your medicine at the best cost for you. We will do our best to assist in any way possible.

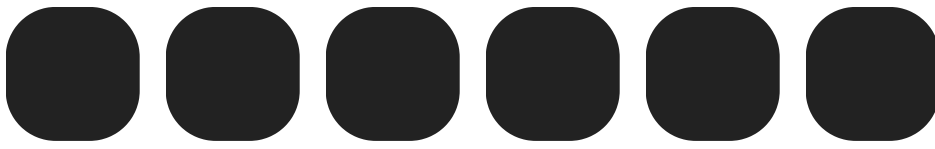
When you are reviewing your coverage for 2021, it is also a great time to check to see if you are eligible for any of the Extra Help programs. For those who meet the income and asset guidelines there is help to pay the Medicare Part D premiums and assist with co-pays for medicine, for a single person the income guideline is \$1,615 monthly with an asset limit of \$14,610. A married couple can have income of \$2,175 and assets of \$29,160. Programs are also available that can help pay the Medicare Part B premium. Please ask us about savings programs when we look at your Part D for next year.

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

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Age Spots by Jackie Dover - Scammology 101

AUGUST 24TH 2020 BY DEE LOFLIN

Age Spots by Jackie Dover - Scammology 101

Scammology 101

My niece Haley recently left for college. Such an amazing time for kids. So many changes, so much learning to do. We can all use this time to educate ourselves about more scams that are circulating in our area. No matter what happens, the scammers have a way to take advantage of it.

One common scam is very simple; you get a call from your bank or Social Security or even the IRS. They tell you your information has been hacked and you need to give them your information to secure your account. Any information you give is then used to empty your account or steal your identity. Social Security, Medicare and the IRS do not call you to let you know your information is at risk. Never give out information to someone that calls you. Remember that even if your caller id says "Medicare" that can be spoofed and may not be the correct information, either the name or the number.

There are even swindles about the Coronavirus. There are no home testing kits or home remedies for the Coronavirus. If someone is offering this, it is a scam and could not only cost you money but could hurt your health. Do not take home remedies or cures. If you have questions about COVID, Missouri has a toll free number 877-435-8411 that you can call for correct information.

If you do become a victim of a scammer there are things you can do to mitigate the damage. If you believe, they have access to bank accounts, contact your bank. They will help you change your account and guide you on your next steps. If it is credit card information, contact your credit card company to cancel the card.

Report any scams to your local police. Many of the scams are conducted out of the US but you may need a record of the report for your bank or the credit card company. In addition, you can report phone and other scams to the Federal Trade Commission (FTC) 1-877-382-4357, report Social Security imposters online to SSA's Inspector General or call 1-800-269-0271 to report by phone. Report IRS imposters to the Treasury Inspector General for Tax Administration (TIGTA), call TIGTA at 1-800-366-4484.

By reporting the fraud, you are helping them compile more information about the scammers and the tactics they use.

As kids go back to school and begin a new year of learning we all, need to be vigilant and continue our own learning. If you have questions or think you have been a victim of a scam, you can call Aging Matters 800-392-8771.

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