

Open Enrollment for Medicare Ends December 7th

AAA7 Available for Assistance and Help

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Are you a Medicare beneficiary? Are you aware that open enrollment for some Medicare benefits ends December 7th? Open enrollment is the time of the year when changes can be made in the plans and providers you've chosen for your Medicare Part D prescription drug coverage and/or Medicare Advantage option. If you wish to make changes, you can only do so between October 15th and December 7th. Open enrollment is also a good time to run drug comparisons to make sure the Medicare Part D plan you are on is still your best option as Medicare Part D plans do change from year to year.



Individuals who receive the Low Income Subsidy (LIS) can change their plans anytime of the year. Even if you are receiving help through LIS, it is a good idea to check your plans to make sure all of your medications will be covered on your current plan for 2021.

The Area Agency on Aging District 7 (AAA7) is a local resource you can utilize for assistance with the open enrollment process and can be reached by calling 1-800-582-7277. **In addition, the Ohio Senior Health Insurance and Information Program (OSHIIP) is replacing its in-person Fall Medicare Check-Up presentations with daily webinars starting September 14th.** During the presentations, OSHIIP will review Medicare Parts A, B, D, Medicare Supplement and Medicare Advantage Plans, focusing on the upcoming Medicare Open Enrollment period and the 2021 changes and updates. They will discuss how to compare plans and make changes during the October 15th through December 7th Medicare Open Enrollment period.

You can register at the following link: <https://attendee.gotowebinar.com/rt/4987248812118591502>.

Webinars will be held Monday through Thursday, September 14th through October 14th. Sessions are available at 10:00 am and 2:00 pm each day with an additional 6:00 pm session on Wednesdays. If you have additional questions, you can call OSHIIP at 1-800-686-1578.

To be eligible for Medicare health insurance plans, you must be at least 65, or be on Social Security disability for two years, and be a US resident or legal citizen for at least five years.

Original Medicare, sometimes referred to as Part A and Part B, helps with hospital, doctor and outpatient services. More than likely, a Medicare supplement is needed in order to cover the costs not covered by Parts A and Part B. Medicare Advantage, or Part C, combines Parts A, B and D in to one plan. During Open Enrollment, beneficiaries have the opportunity to make changes to these plans that provide better support for their health and well-being. It's a time to change what doesn't work and keep what does.

More information about Medicare plans and options is available at www.medicare.gov.

Locally, the AAA7 is available as a resource to those in its ten-county district who would like assistance with Medicare or Open Enrollment. Counties covered by the AAA7 include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. For questions or assistance, call toll-free at 1-800-582-7277, extension 250 or e-mail info@aaa7.org.

Therapy is key to functional independence for the person in your care. Answer True or False to the questions below.

1. *Among other things, occupational therapy helps people regain skill in using their hands. T F*
2. *It is important to be careful not to touch your eyes, nose and mouth when removing a face covering and wash hands immediately after removing. T F*
3. *Physical and occupational therapies are not part of the process of relearning how to function after an injury, illness, or period of inactivity. T F*
4. *A ROM exercise program is ideally started before deformities develop. T F*
5. *A physical therapist uses massage, heat, water, and electricity as well as physical exercises to help people regain function. T F*
6. *When helping a person with any activity, first give verbal instruction, then use visual gestures, and finally, touch. T F*
7. *An occupational therapist focuses on training to relearn everyday activities of daily living like eating, grooming, dressing and toileting. T F*
8. *If muscles are not used, they do not shorten and tighten, making joint motion painful. T F*
9. *Occupational therapy is designed to help people regain and build skills that are important for functioning on their own. T F*
10. *Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T