

WALDO CENTER HAPPENINGS

Living

Medicare for Everyone Clinic

Have you or someone you know tried to wade through the Medicare insurance system and found it confusing? Do you just wish there was someone who could help you make sense of all the information?

Then the Medicare for Everyone clinic could help you! The clinic is designed to provide you with basic knowledge about Medicare and its many "Parts" so that you can make an informed decision about your health care coverage. This is where you can find the answers to basic questions about Medicare such as: When and where to sign up for Medicare?, What services are covered by Medicare?, What is the Medicare Prescription Drug benefit?, What is Medicare Supplemental Insurance? And more..... Being prepared could save you a lot of worry (and money).

Four clinics are being offered at Spectrum Generations in February.
Friday the 3rd 9-10:30am
Tuesday the 7th 1-2:30pm
Wednesday the 15th 2-3:30pm
Wednesday the 29th 1-2:30pm

There is no charge for the clinic, but space will be limited to six participants. For more information or to register please call 338-1190.

February 2012

Caring

Veteran's Advocate Services

Wednesday, February 1st



From 9-12:00

Conrad Edwards, Veteran's Advocate, will be available to help answer any questions you may have regarding military services and benefits. Call 338-1190 to schedule your appointment.

Spectrum Generations will be closed Monday February 20th in recognition of President's Day!

Waldo Community Center
18 Merriam Road
Belfast, ME 04915

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(Local) 207-338-1190

www.spectrumgenerations.org

Answers

Adult Daybreak



The next time you want to attend that luncheon at the Cohen

Center or play cards at the Muskie Center or have an appointment with one of our consumer specialist about Medicare please consider our four wonderful Adult DayBreak Programs for your love one. Adult DayBreak Programs can benefit both your loved one and the caregiver. Spectrum Generations offers four wonderful Adult DayBreak Programs where you can drop your loved one off for a few hours or for the whole day so you can enjoy activities you love, run errands, or go to work. We offer a safe friendly environment for your loved one. We have wonderful activities planned each day such as bingo, arts and crafts, music, bible study, much more. We are open from 8:00am to 4:30pm Monday thru Friday and offer 3 meals a day. We also have trained staff to administer medications to your love one if needed.

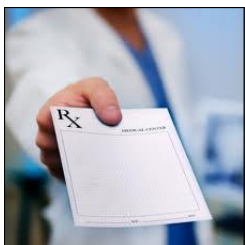
Please call for further information 1-800-282-0764. Financial assistance is also available.

PLEASE NOTIFY US IF YOU REQUIRE SPECIAL ACCOMMODATIONS

Living

Medicare Tip!

For new prescriptions or prescription changes, show your doctor a copy of your Part D plan's drug list (formulary). You can either call your insurance company or go online to their website for a copy of the list.



If your doctor wants to prescribe a drug for you that is **not** covered by your Part D plan, you can request a "coverage determination" from your plan. You, your doctor, or your appointed representative can call your plan or write them a letter to request that the plan cover the prescription you need. The best place to get help with your appeal is Maine Legal Services for the Elderly. They have a special hot line for this very purpose [1-877-774-7772] and can provide your doctor with the necessary information. Once your plan has received your request, it has 72 hours to notify you of its decision. If your plan decides against you, you can appeal their decision. Medicare beneficiaries often win their Part D appeals.

Or, you can call us at 338-1190.

January 1 to February 14, 2012: Medicare Advantage Annual Disenrollment Period (MA ADP).

During this time Medicare beneficiaries can only disenroll from a Medicare Advantage plan and go to Original Medicare. They cannot use this disenrollment period to switch Medicare Advantage plans. If the Medicare beneficiary wants to enroll in a Prescription Drug Plan (PDP), they also will get a Part D Special Enrollment Period (SEP) between January 1, through February 14, 2012. (associated with the Medicare Advantage Annual Disenrollment Period).



Contact Kathryn Kreamer for more information at 338-1190.



Cancellations and Delays

In the event of bad weather, call 338-1190 before heading to the Waldo Community Center. If no answer, please call 1-800-639-1553 to see if there is a recorded message for agency closings. Closings are posted on WABI TV channel 5 storm center.

Caring

Jeanne's Professional Foot Care

Whether you want your toe nails groomed, evaluation of your foot health, monitoring for diabetic foot issues, or other foot conditions, Jeanne Otis, R.N. has the skills to assist you in maintaining healthier feet.



Jeanne also offers basic hand care, and combo package deals for both hands and feet which can be purchased for an additional savings.

Foot Care Clinics are available at the Belfast Spectrum Generations Center on February 11th and February 16th from 9a.m.-3p.m. Call 207-660-3465 for your appointment today!

USDA Supplemental food Bank

Do you have trouble making ends meet each month? Are you having to choose between heat for your home and a meal? The USDA Supplemental Food Bank program and Spectrum Generations is here to help! The USDA Food Bank provides low income seniors, 60 years or older, with 30lbs of **FREE** food each month! Call 338-1190 to learn more about this program and to request an application today.