

The Navigator

KENTUCKY LEGAL AID
SHIP

DID YOU KNOW???

- The Medicare program was created in 1965
- Medicare Part A is premium free for most people
- The Welcome to Medicare Visit is free of charge

MEDICARE WELLNESS VISITS

If you are new to Medicare, you should take charge of your health and wellness by getting a thorough physical exam. Getting a physical exam is an effective way for your physician to get a starting point for your personalized health care. Medicare covers two types of physical exams—one when you are new to Medicare and one each year after that.

The “Welcome to Medicare” exam is covered if you get it within the first 12 months that you have Part B. Beginning in 2011 this exam will be free if your doctor accepts assignment.

This comprehensive exam includes a review of your medical and social history,

Including risk factors that you can change. It also includes a physical exam, measuring your height, weight, body mass index and blood pressure. The doctor will also perform a visual acuity screen. The doctor will provide or suggest

education, counseling and referrals based on the results of your physical

exam. Your health care provider may also provide a brief written plan, like a checklist, for getting appropriate screening and/or other Medicare Part B preventative services.

New to Medicare is the annual “Wellness” exam. PPACA, the new health care law, included a yearly wellness exam for Medicare beneficiaries. You will pay nothing for this exam as long as your doctor accepts assignment and the exam is at least 12 months after your “Welcome to Medicare” exam.



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BENEFITS SPOTLIGHT: SNAP

“What is SNAP?” you ask. You have all heard of the SNAP program before. This program helps put food on the table for some 31 million people per month. Yes, SNAP is the program formerly known as Food Stamps. SNAP stands for Supplemental Nutrition

Assistance Program. The average monthly benefit amount for SNAP is around \$101 per person. Households can use SNAP benefits to buy foods such as bread, fruits, vegetables, meats, fish, and dairy products.

To participate in SNAP, house-

holds may have no more than \$2,000 in countable resources. The gross monthly income of the household can be no more than 130% of the federal poverty level. Other restrictions do apply. For more information, visit www.fns.usda.gov/snap

VOLUNTEER: BOARD THE SHIP



Are you looking for a worth while volunteer position?

Want to learn more about Medicare to help yourself and others? Curious about benefits programs? Enjoy getting out in the community? If so, the SHIP volunteer program is the right place for you. SHIP volunteers come in all shapes, sizes and ages. We have volunteers who participate via the RSVP program as well as volunteers who are in high school and middle school. The SHIP program has four different volunteer positions: Assistant, Distribution Agent, Benefits Counselor and Recruiter.

The Assistant prepares and mails out any press releases for the program. The Assistant will also prepare any advertising to promote the program. The assistant can also prepare brochures and flyers for SHIP program use, along with other materials. This position requires a minimal time commitment of approximately once a month.

The Distribution Agent is responsible for printing and distributing materials to various locations within the community. This position requires use of personal vehicle. This position requires a minimal quarterly time commitment.

The Benefits Counselor is probably the most rewarding position. The Counselor will assist clients with any Medicare issues, with particular emphasis on Open Enrollment for Medicare Part

D. This position also requires approximately 18 hours of training, with educational CDs as well as hands on in the field training. This position requires the ability to work independently with little supervision. This position requires a monthly time commitment with more during the Medicare Part D Open Enrollment Period.

The Recruiter will assist program staff in recruiting new volunteers and identifying volunteer opportunities. This position requires a minimal time commitment of approximately once a month.

All of the SHIP volunteers are required to attend an orientation session, sign confidentiality agreements and receive a HIPAA training. For more information contact Daniel Curry (dcurry@klaid.org) or Melissa Powell (mpowell@klaid.org) at 782-1924.

VOLUNTEER PROFILE: JOEL STONER

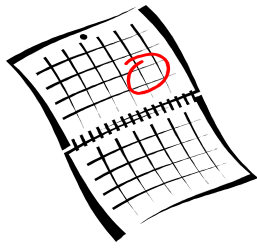
“It is one of the few programs I know that begins on a grassroots level, and essentially stays there”
-Joel Stoner

This quarter, we are proud to profile one of our longest serving volunteers—Joel Stoner! Joel has been with the program as a volunteer since 2008. Prior to that, Joel was the Director of Benefits Counseling at Kentucky Legal Aid. Joel brings over thirty years of experience to our volunteer program.

In 2010 Joel was named the SHIP volunteer of the year for

Kentucky. Joel volunteers several hours a week during the open enrollment season and also makes time to assist us through out the year. As a Benefits Counselor, he advises many clients on Medicare and Medicaid matters. Joel also provides crucial outreach support, promoting our program throughout our 10 county service area. Joel is proud to be

a SHIP volunteer. When asked about his favorite aspect of the SHIP program he stated, “It is one of the few programs I know that begins on a grassroots level and essentially stays there”.



C A L E N D A R O F E V E N T S

April:

4/21/11: Lunch and Learn Series with the Monroe County Medical Center

4/29/11: Health Care Reform, Medicare and Medicaid at Cal Turner Extended Care Pavilion in Scottsville

4/30/11: Spring Fling for Seniors at the Edmonson County Public Library

May:

Older Americans' Month

5/15 to 5/22: Elder Abuse Awareness Week

5/18/2011: Aging Council Meeting at the Barren River Area Development District

5/21/11: Silver Ribbon

Restaurant Day

5/25/11: Healthy Aging

Conference at the Carol Knicely Center

June:

6/16/2011: Monroe County

Homemakers Lunch and Learn program

**S P O T L I G H T : B A R R E N R I V E R L O N G
T E R M C A R E O M B U D S M A N**

The Long-Term Care Ombudsman Program (LTCOP) was established by the federal government to address widely reported problems of abuse, neglect and substandard care in nursing homes nationwide. Certified Ombudsman use their knowledge about good care practices to address issues on behalf of residents

living in in long-term care facilities. Skilled Ombudsman know the importance of hydration, nutrition, mobility, basic hygiene, and skin care, among other basic fundamentals. The Barren River Long-Term Care Ombudsman Program provides visits to all 31

facilities with in the 10 county Barren River Area Development District with the help of our many volunteers.

For more information about the program or volunteer opportunities, call us at 1-00-355-7580

"As the population ages and the number of persons requiring long-term care increases, we must remain vigilant in our efforts to protect the health, safety and rights of residents in nursing homes and assisted living facilities"

**B R A D D / A A A C O R N E R : O L D E R
A M E R I C A N S ' M O N T H**

In celebration of Older Americans' Month, the BRADD/AAA staff will be locating individuals of the BRADD area who are or will be 100 years of age and older during 2011. Certificates will be issued to them by the BRADD to recognize and honor these individuals. The BRADD/AAA office will also be presenting the Healthy Aging Conference at the Carroll Knicely Center on May 25th,

2011 as part of our celebration of Older American's Month. Several local senior centers will also be holding activities throughout the month of May in honor of this month.

The Local Coordinating Council on the Prevention of Elder Abuse will host the Silver Ribbon

Restaurant Day on May 21st,

2011. This day will feature several local restaurants that have allowed us to place table cards promoting elder abuse awareness and prevention. *For more information on the Healthy Aging Conference, contact Alecia Johnson at the BRADD/AAA (270-782-9223)*



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KENTUCKY LEGAL AID SHIP

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Volunteer! Board the SHIP.

The focus of the State Health Insurance Assistance program is to educate Medicare beneficiaries and anyone over the age of 60 so they can make informed decisions about benefits issues based on their circumstances and needs. Medicare beneficiaries and anyone age 60 years or older who live in the BRADD counties (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren) are eligible for SHIP services. There is no charge for the services. The Barren River SHIP/Benefits Counseling program is funded through a grant from the Centers for Medicare and Medicaid Services and the Older Americans Act.

A NOTE FROM THE EDITORS: WELCOME TO OUR INAUGURAL EDITION

04/01/2011

Dear Readers:

Welcome to our Inaugural edition! It is our intention to produce a quarterly newsletter. We are pleased to present information on Benefits Programs and our program to you. It is our hope that these newsletters will provide accurate information about benefits and benefits issues that you see daily. These

newsletters are only meant to provide information—not advice about specific situations. If you find that you have more questions about a specific benefit or issue, feel free to give us a call!

Regards,

Melissa Powell
Daniel Curry



To get on our e-newsletter list email:
mpowell@klaid.org