

Senior News & Views

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New Card for Medicare-2018

Coming April 2018, Centers for Medicare and Medicaid Services (CMS) will start mailing new Medicare cards with Medicare Beneficiary Identifier (MBIs) to people with Medicare. The primary reason for this change is to decrease Medicare beneficiaries' vulnerability to identify theft by removing the Social Security number with a new Medicare Beneficiary Identifier (MBI), which does not contain an SSN or other personal information. Providers can ask

Medicare patients at the time of service if they have a new card with new number or during the transition period. This period will run from April 2018 to January 2020. CMS encourages people to start using the MBIs as soon as possible, but will continue to accept the Health Insurance Claim number through the transition period. The new MBI will have 11 characters. Character positions 2, 5, 8 and 9 will always be alphabetical and po-

6th characters will be a letter or a number. The numbers will include 0-9 and all letters from A to Z, except for S, L, O, I, B and Z. An example number would be 1EG4TE5MK73. There will be no dashes used between the characters. The card will not identify sex of Medicare Beneficiary. Each person with Medicare will get their own randomly-generated MBI. Spouses or dependents who may have had similar numbers will have their own different MBI.

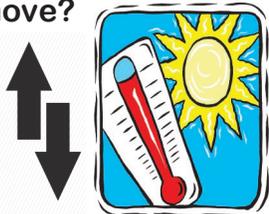
July 4, 2017
A Nation Free

"Today is a time for fireworks and fun, But we shouldn't forget its reason, This is one of the most important days of the entire summer season, Today's the day our nation became free and the date of the country's birth. For so many years we have grown to be one of the best countries on earth."

By Sharon Hendricks

LAFF FOR THE DAY:

What goes up and down but doesn't move?



The temperature!

Farmers Market Checks

The Marion Co. Dept on Aging has Farmers Market Checks available. Individuals age 60 and above and meet the income guidelines which is a monthly gross income for a house-

hold of one-\$1,832, household of two-\$2,470, household of three-\$3,108 and household of four-\$3,747. These checks can be used at any Kansas Farmer Markets to purchase fresh fruits

and vegetables from an authorized farmer. The Farmers Booth will display a sign "Senior Farmer Market Nutrition Program-checks accepted here." The checks are \$30 and can be used until Nov

New Medicare Cards Mean New Scams



Changes in the Medicare system have long been wel-

comed by scammers as an opportunity to prey on what the public doesn't know, so with the passage of the Medicare Access and CHIP Reauthorization Act of 2015, they will be on the prowl in the coming years. This new law requires the removal of Social Security numbers from all Medicare cards by April 2019. As this initiative gets under way, all Medicare beneficiaries will be assigned a new MBI and be

sent a new card. Because there are currently over 60 million Medicare beneficiaries, you can expect the Centers for Medicare and Medicaid Services (CMS) to mail the cards out in phases over time, between April 2018 and April 2019. This means that beneficiaries will probably all receive their cards at different times, so during the transition period either the Medicare number or the MBI will be accepted by CMS from providers, beneficiaries, plans and others. Starting now and throughout the entire transition period, it is

important to be aware of possible fraud and scams relating to the new Medicare cards. Remember, CMS and Medicare will never contact you by phone or email to ask for personal information relating to the issuance of the new Medicare cards. Any such contact is a scam. The new Medicare cards will be issued at no charge. Anyone asking for money or payment of any fee for the new card is a scammer. Be extra cautious of anyone asking for access to your checking account to pay a fee for the new card.

The Skinny on Healthy Skin

Summer months bring with it rough and dry skin due to the heat. At least 81 million Americans experience dry, itchy or scaly skin. Just a few short moments of exposure to sun and strong winds can also chafe the skin and draw out essen-

tial moisture that helps keep our skin's barrier intact. So what can you do: drink eight small glasses of water each day, avoid caffeine and alcohol, avoid extremely hot showers instead take warm showers lasting no longer than 5 minutes, apply a

moisturizer within 3 minutes of taking a shower, choose soaps low in PH as Ivory, Dove and Oil of Olay. Nutrition is also a key factor in taking care of your skin. One should eat a least nine servings or 4 1/2 cups of vegetables and fruits per day.

Dishing It Up Diabetes Style

Coming this August the Marion County Dept. on Aging will be offering a new class for individuals with pre-diabetes and diabetes. This course was developed to help a person with diabetes make meal choices to better manage his/her blood sugar. Because a person with diabetes may not be the person

who makes the meal planning decisions in the household, this class is appropriate for family members and caregivers. The class will be 1 1/2 hours long and once a week for four weeks. The course will cover: Food choices make a difference, Planning healthy meals, Physi-

cal activity and In the Kitchen. Each of the classes will have a meal demonstration plus enjoy it afterwards. Watch local newspaper for the place and time for this class.



Medicare Supplemental Plan F

As of January 1, 2020 Medicare Supplemental Insurance F will no longer be offered for sale. To be clear, current Medicare policyholders will **NOT** be forced to give up their Plan F coverage. Existing policyholders and those who buy before 2020 will be eligible for deductible coverage. In other words, if you have Plan F now, you can keep it. However, for new recipients, Plan F may not be an attractive option as premiums are likely to become more expensive.

Currently Plan C and F are the only two Medigap Plans available that offer coverage of the Medicare Part B deductible. As they are pushed out, Plan G may be a smart alternative as it provides the exact same coverage without the Part B deductible. Again, if you are currently enrolled in Plan F, you will not lose your coverage in 2020. However, as has been the case with other plans that have been eliminated, premiums for Plan F are expected to rise and it may

be a good strategy to switch from Plan F to Plan G now, securing the same benefits of course, without coverage for the Part B deductible. Congress believes that by requiring all Medicare members to pay their Part B deductible this will reduce medical over-use.



SCMC 57th Annual Meeting

The Senior Citizens of Marion County, Inc. Board is planning for the **57th Annual Meeting on Thursday, October 19, 2017**. Once again the Board will be honoring some special seniors in our county. Watch the local newspaper for the special seniors to be hon-

ored this year. You can nominate someone by picking up a nomination form starting July 5 from your local senior center, Marion Co. Dept. on Aging or go to the Department Webpage at www.marioncoks.net and download the form. This nomination form must be received at the Marion

County Dept. on Aging by **August 14th**. Nominations will be reviewed by the SCMC Board at their August 18th board meeting.



Mark your calendar for the upcoming events: ✓

JULY: July 4-County Offices & Nutrition Sites closed for Independence Day, July 21- SCMC Board Meeting-Burns Community Center, July 24-29, 2017 - 87th Annual Marion County Fair- "Country Pride, County Wide."

AUGUST: August 4-6, 2017-Goessel Country Threshing Days, August 18-SCMC Board Meeting-Peabody Sr. Center.

SEPTEMBER: September 1-4-Labor Day Celebration-Florence. September 15-SCMC Board Meeting Lincolnville Community Center. September 19-Senior Fair at Salina Tony's Pizza Event Center, 8:00 a.m.-4:00 p.m. September is National Senior Center Month. The 2017 theme is: "Senior Centers: Masters in Aging!"

Senior Citizens of Marion County, Inc.

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Non-Profit

U.S. Postage Paid

Permit 20

Marion, Kansas. 66861

Address Service Requested

Drivers License Renewal: Vehicle Dept. Courthouse Tuesday through Friday:

8:30 a.m. to 4:00 p.m. Ph. 620-382-3106

Keep the following agencies & phone numbers handy:

Marion County Health Department all day clinics on Wednesdays - Ph. 620-382-2550

Marion County Home Care - Marion - 620-382-3690

Mental Health Service - Hillsboro - 620-947-3200

Veterans Service Rep.-2nd Tuesday even number months-11:00 a.m. at Marion Sr. Center.

Social Security: Toll Free-1-800-772-1213 or call Salina Office-1-877-405-3494

Dept. of Children & Families - Newton Office - 1-888-369-4777 or 316-283-3015

Central Home Care - Newton - 316-283-8220 or 1-800-301-9499

Harry Hynes Memorial Hospice - Wichita-1-800-767-4965

Gentiva Hospice - McPherson - 1-800-854-4802

Kansas Alzheimer's Help Line - 1-800-432-3535

DO NOT CALL LIST - 1-888-382-1222 - To have your phone number removed from the telemarketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911