



Mature *Living*

MEDICARE PREVENTIVE CARE

Shea Corti | SHIP Blog | shiphelp.org

Preventive care helps prevent illness, detect medical conditions, and keep you healthy. A service is considered preventive if you have no prior symptoms of the disease. In contrast, diagnostic services address symptoms or conditions that you already have. Let's discuss how Medicare covers preventive care.

Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling.

To find out if Medicare covers your test, service, or item you can visit www.medicare.gov, call 1-800-MEDICARE, or

read your Medicare & You handbook. If you meet the eligibility requirements and guidelines for a preventive service, the service is covered whether you have Original Medicare or a Medicare Advantage Plan, although a plan's network rules may apply. You should pay nothing for most preventive services so long as you see the right provider.

During your preventive visit, your provider may discover and need to investigate or treat a new or existing problem. This additional service may be diagnostic or treatment. Medicare covers diagnostic and treatment

services differently than preventive services, and you may be charged coinsurances or copays. You also may be responsible for paying a facility fee, depending on where you receive the service.

Prepare for your Welcome to Medicare and Annual Wellness Visits.

Medicare covers one Welcome to Medicare preventive visit in your first year of having Medicare Part B, then one Annual Wellness Visit per year after that, with zero cost-sharing as long as you see the appropriate providers. Keep in mind that these visits are not head-

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Ribbon Cutting Ceremony

Wednesday, February 5 at Noon

Lelia Enrichment Complex | 600 Lelia in Magnolia

Join us Wednesday, February 5th at noon for a ribbon cutting ceremony with Magnolia-Columbia County Chamber of Commerce. Help us celebrate the official opening of our in-door walking track. Thank you to everyone who supported this project.

Walking track hours: 8am - 3:30 pm, Monday - Thursday

Protecting Seniors from Financial Abuse

Seniors can protect themselves from financial abuse by making sure financial records are organized and being aware of how much money is in all accounts. In addition, you can protect your assets by talking to someone at your bank, an attorney, or a financial advisor to discuss your options for ensuring your wishes for managing your money and property are followed in the event you become incapacitated. Other activities to help protect yourself include:

- Carefully choosing a trustworthy person to share your financial planning matters with so they can assist you with tracking your finances if you are unable to do so yourself.
- Locking up your checkbook, account statements, and other sensitive information.
- Ordering copies of your credit report to review for suspicious activity. (You are entitled to a free copy of your credit report from each of the three major credit bureaus once every twelve months. To order your free annual reports, go to AnnualCreditReport.com or call toll-free 1-877-322-8228.)
- Never providing personal information, including your Social Security number, account numbers, or other financial information to anyone over the phone unless you initiated the call.
- Asking for details in writing and getting a second opinion from a financial advisor or attorney before signing any document you don't understand.
- Paying with checks and credit cards instead of cash to have records of transactions.

- www.fdic.gov

UPCOMING EVENTS

A mental health workshop will be held in May 16 from 10am-noon

Annual legal workshop with Ross & Shoalmire Elder Law Attorneys, PLLC will be held March 7 from 9am-2pm.
Lunch provided

A Walk to End Alzheimer's will be held on March 14.

Meal/Workshop - 11:30 am
Walk - 1 pm



to-toe physicals.

During the Welcome to Medicare Visit, your provider will review your medical and social history as well as your health status and risk factors. Your provider will then give you resources related to your risk factors and health needs and will give you a checklist or written plan with information about other preventive services you may need.

Annual Wellness Visits, which Medicare will cover once you have had Part B for 12 months, are yearly appointments with your primary care provider to create or update a personalized prevention plan. This

plan can help prevent illness based on your current health and risk factors. For both kinds of preventive visit, be prepared with information about your medical history, family history, doctors, medications, and durable medical equipment you use.

Make sure you see the right types of providers for lowest costs.

You pay nothing for most preventive services if you see the right type of provider. If you see other types of providers, then charges may apply to preventive care services that otherwise would not have cost you anything.

If you have Original Medicare, you should receive preventive services from

providers who accept assignment. These providers accept Medicare's approved amount for a service as payment in full. For preventive services that Medicare covers at 100%, you owe no deductible or coinsurance when you see a provider who accepts assignment. And if you receive services that do have a cost, these providers cannot charge you more than the Medicare-approved deductible and coinsurance.

If you are in a Medicare Advantage Plan, you should not be charged for preventive care services that are free for people with Original Medicare, if you see providers who are in-network for your plan.

What's New in Medicare in 2025 SPECIAL ENROLLMENT PERIODS (SEPS) CHANGES IN 2025

In 2025, new Special Enrollment Periods (SEPs) will empower dually eligible individuals and those receiving Extra Help with two key SEPs: the Dual/LIS SEP and the Integrated Care SEP.

Dual/LIS Special Enrollment Period



You qualify for this SEP if in addition to Medicare, you have Medicaid, a Medicare Savings Program (MSP), or Extra Help.

You can make a once-per-month change—



From a Medicare Advantage Plan to Original Medicare with a stand-alone Part D plan.



Or, from one stand-alone Part D plan to another stand-alone Part D plan.

*You cannot use this SEP to enroll in a new Medicare Advantage Plan with prescription drug coverage.

Integrated care Special Enrollment Period



You qualify for this SEP if you have both Medicare and Medicaid.

You can make a once-per-month change into certain Special Needs Plans that meet federal requirements for integration and that offer a Medicaid plan in your state.

This SEP can only be used to enroll in both the Medicare and Medicaid portions of a plan—in other words, to align enrollment with an integrated Dual Special Needs Plan (D-SNP) or Applicable Integrated Plan (AIP) and a Medicaid Managed Care Organization (MCO).

80S MOVIES

- Airplane
- Amadeus
- Batman
- Big
- Body Heat
- Cocoon
- Das Boot
- Die Hard
- Diner
- Frances
- Gandhi
- Glory
- Goonies
- Gremlins
- Platoon
- Predator
- Rain Man
- Ran



- Reds
- Scarface
- Silkwood
- Splash
- Stripes
- Taps
- Tootsie
- Top Gun
- Tron
- Wargames
- Witness
- Yentl

Clip-n-Cook

THE BEST CHICKEN SALAD RECIPE

INGREDIENTS

- Chicken
- Celery
- Grapes
- Pecans – toast nuts on a dry skillet to give them even more flavor.
- Red onion
- Mayonnaise
- Sour cream
- Lemon juice
- Dill
- Salt and Pepper to taste



DIRECTIONS

1. Toast pecans – place on a dry skillet over medium/low heat and toss frequently until pecans are golden and fragrant. Transfer to a cutting board to coarsely chop and set aside to cool then add to a large bowl.
2. Chop Chicken – dice cold chicken breast and add it to the mixing bowl. Note: We prefer the texture of chicken when it's diced instead of shredded. Combine or ziplock bag, combine all the ingredients and mix until fully combined.
3. Halve Grapes – cut grapes in half with a serrated knife and add to the bowl.
4. Chop celery and onion – trim off ends and finely chop, cut celery sticks in half lengthwise then thinly slice and add to the bowl.
5. Make Dressing – Combine the dressing ingredients in a dish and add dressing to the salad.
6. Toss to combine – stir until salad is evenly coated in dressing, then cover and refrigerate until ready to serve.

This recipe found on natashaskitchen.com

SUPPORT GROUP CONNECTIONS

EL DORADO AREA

ALZHEIMER'S SUPPORT GROUP

Meets the third Thursday of each month

1:00 pm

Simmon's Bank, 100 West Grove Street

Second Floor Executive Dining Room

THE EL DORADO PARKINSON'S & CAREPARTNER SUPPORT GROUP

Meets the third Thursday of each month

2:00 - 3:00 pm

Simmon's Bank, 100 West Grove Street

Second Floor Conference Room

For more information call South Arkansas Center on Aging, 870-881-8969, or Nancy Bailey at the Area Agency on Aging of Southwest Arkansas, Inc. 870-626-3089 or email nbailey@aaaaswa.net

THE GREATER COLUMBIA COUNTY AREA ALZHEIMER'S DISEASE SUPPORT GROUP

Meets the fourth Wednesday of each month

Noon at Lelia Enrichment Complex

600 Lelia St. Magnolia | In the Community Room

(When you enter the grounds, drive around the building until you see the Community Room sign and a "Slow" sign)

THE MILLER COUNTY PARKINSON'S & CAREPARTNER SUPPORT GROUPS

Meets the second Wednesday of each month

2:00 pm at Encompass Health and Rehabilitation Hospital of Texarkana, 515 West 12th Street., Texarkana, TX 75501

For more information, contact Kasandra Williams at the Texarkana Regional Center on Aging, 870-773-2030

THE LITTLE RIVER PARKINSON'S & CAREPARTNER SUPPORT GROUPS

Meets the second Tuesday of each month

2:00 pm at the Little River Memorial Hospital, 451 W Locke St, Ashdown, AR 71822

For more information, contact Kasandra Guilbeau at the Texarkana Regional Center on Aging, 870-773-2030

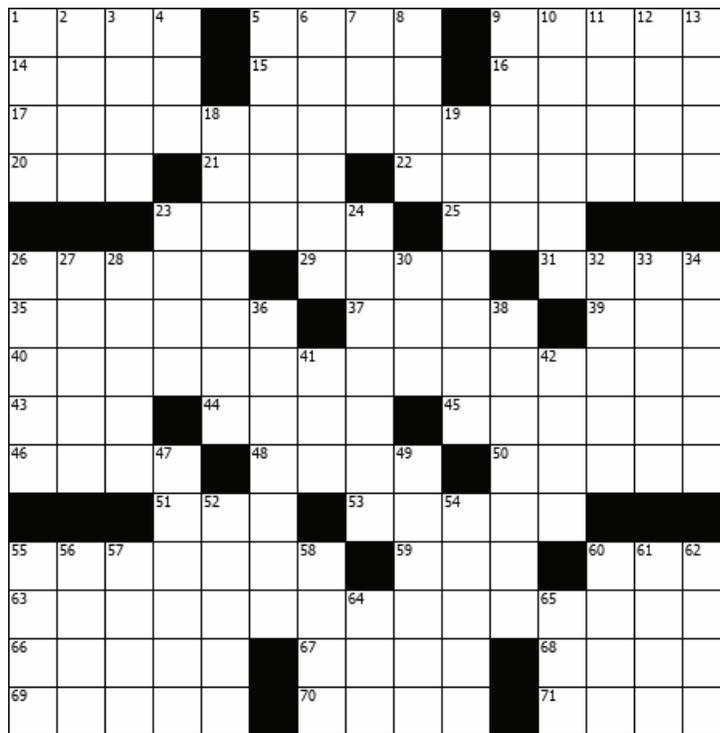
THE HOWARD COUNTY AREA PARKINSON'S DISEASE AND CAREGIVER SUPPORT GROUP

Meets the first Wednesday of each month

1:00 pm at the The Retirement Village, 127 N. Lewis St., Mineral Springs, AR.

Across

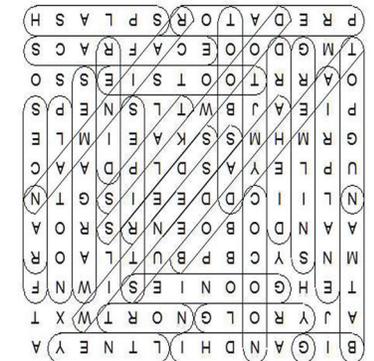
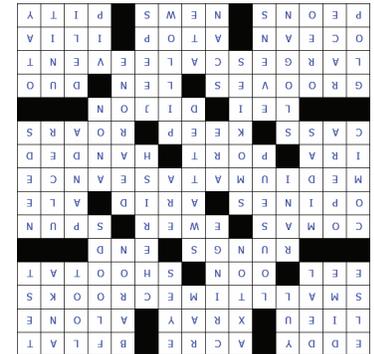
- 1. Draining effect?
- 5. Lot, perhaps
- 9. A neighbor
- 14. Stead
- 15. Penetrating look?
- 16. Singly
- 17. Those who steal tiny clocks?
- 20. Electric fish
- 21. Ball chaser?
- 22. Fire upon
- 23. Steps to success?
- 25. Cut off
- 26. Deep sleeps
- 29. Carafe kin
- 31. Created a web site?
- 35. Hazards a guess
- 37. Bone-dry
- 39. Pub pint
- 40. Spiritual leader?
- 43. Writer Levin
- 44. Left on a boat
- 45. Bestowed (with "down")
- 46. Mama's name
- 48. It's earned
- 50. Jungle sounds
- 51. Natural necklace
- 53. Mustard style
- 55. Needle locales
- 59. NFL Hall of Famer Dawson
- 60. Schubert's "Grand ___"
- 63. Weigh-in for a heavyweight bout?
- 66. It may have a liner on it
- 67. Lying on
- 68. Pelvic bones
- 69. Drudges
- 70. It's breaking, at times
- 71. Feel sorry for



Down

- 1. "So what ___ is new?"
- 2. Price of a dozen?
- 3. Give a hand?
- 4. Actor Brynner
- 5. Country singer Hoyt
- 6. Recoil
- 7. Southdown male
- 8. Baby blues
- 9. Von Steuben's title
- 10. Annual Nile occurrences
- 11. Heist haul
- 12. "Lonely Boy" singer
- 13. Assay
- 18. Bungle
- 19. Cling to
- 23. Asian royal
- 24. Hit big flies?
- 26. "Cathy" or "Blondie"
- 27. Dvorak's "Rusalka," e.g.
- 28. One with a golden touch
- 30. Baseball stat
- 32. Chinese mammal
- 33. Peptic problem
- 34. Requires
- 36. Appalachian range
- 38. Honeybunch
- 41. Exist
- 42. Soon, to a poet
- 47. Catch phrase
- 49. Word with talk or fight
- 52. Odds alternative
- 54. Military transports
- 55. Goo
- 56. Beat fast, as a heart
- 57. Double Delight snack
- 58. Read hastily
- 60. Frank server
- 61. Condo, e.g.
- 62. Buckwheat's assent
- 64. Broke bread
- 65. Dignitary, for short

Solutions



5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit www.nia.nih.gov/health/exercising-outdoors.

6 HEALTHY EATING HABITS FOR OLDER ADULTS

From the National Council on Aging, ncoa.org

When you don't eat healthy, you're at greater risk for malnutrition, vitamin deficiencies, and a number of chronic diseases.

Healthy eating habits for older adults include eating more whole foods, getting enough protein, and limiting sodium.

As we age, our nutrition needs change—and many older adults don't eat as well as they should. This can result in malnutrition, vitamin deficiencies, and a number of chronic diseases. The good news is that it's never too late to develop better nutrition habits based on the latest healthy eating guidelines. Following a balanced-diet meal plan can help you reduce your risk for illness and stay active and independent for longer.

Here are some steps you can take now to enjoy the benefits of healthy eating.

1. Eat more whole foods, and limit processed foods.

Whole foods are foods that are close to their natural state when you purchase them; they are either minimally processed or not processed at all. These foods tend to be more satisfying and richer in vitamins, minerals, fiber, and antioxidants compared to processed foods. They also often have a lower glycemic load, meaning they cause a slower increase in blood sugar levels compared to processed foods. This helps you maintain steady energy levels while reducing your risk of insulin resistance and type 2 diabetes.

Some examples of whole foods include:

- Fruits and vegetables (fresh, frozen, unsweetened dried)
- Meat, poultry, and seafood
- Nuts, seeds, and beans
- Whole grains (e.g., brown rice and quinoa)
- Plain yogurt
- Eggs

The Healthy Eating Plate guidelines recommend filling half of your plate with vegetables, a quarter of your plate with whole grains, and the rest with lean protein like

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Union County Case Manager

Area Agency on Aging is proud to announce Jennifer Ellis as the new Case Manager serving Union county.

Jennifer has been with the agency since 2019. She has experience with case management, community support, outreach and knowledge of the State Ombudsman Program.

Jennifer can be reached at 870-626-3097 or 870-904-8609 to schedule an appointment.



Maintaining Your Medication Record

Once we hit 65, most of us are taking some kind of medication or supplement daily.

Proper medication management is important to manage your overall health, monitor chronic conditions, and reduce your risk for a fall.

There are a number of forms out there to record the names of your medications, purpose for taking them, dosage and timing instructions, and medication side effects to be aware of. After listing your medications, write down any questions you'd like to discuss with a health care provider.

Consider some of the following:

1. Why is the medication being prescribed?
2. How long will it be before the medicine should be helping?
3. What side effects should I watch for? Talk to your doctor if you have side effects like: Dizziness, light headedness, sleepiness during the day, confusion, or lack of coordination in the legs.
4. How much and when do I take this medicine?
5. If you experience side effects, are there alternative options to this medication?
6. Should I take this prescription with food?
7. Are there any medications that are doing the same thing? Can any be eliminated?

There is a form available for download from the National Council on Aging at ncoa.org.

poultry, fish, and beans.

Processed foods undergo cooking, roasting, grinding, separation, boiling, or pasteurization to make them safe to eat, cheaper to produce, or shelf stable. They are designed to be tasty, convenient, and visually appealing. That's why processed foods are often high in salt, sugar, starches, refined grains, and preservatives as well as artificial colors and flavorings. These additives can have negative effects on health, such as increasing inflammation and raising the risk of obesity, heart disease, and other chronic conditions. Processed foods also tend to be low in nutrients and high in calories (which is why these foods are often referred to as "empty calories").

Some examples of processed foods include:

- Breakfast cereals
- Packaged bread and bakery goods
- Canned fruits and vegetables
- Frozen dinners and meals
- Instant noodles and pasta meals
- Jarred pasta sauces and condiments
- Pre-packaged desserts and dessert mixes
- Soda and sugary drinks
- Packaged soups and broths
- Bottled salad dressings and marinades
- Frozen pizzas and pizza rolls
- Granola bars and protein bars
- Instant coffee and flavored coffee drinks
- Packaged snacks such as chips, crackers, and pretzels
- Deli and processed meats like bacon and sausage
- Cheese spreads and processed cheese slices

Try to limit your consumption of processed foods to just a few times a week.

2. Create a healthy-eating meal plan ahead of time.

When we're tired or stressed, cooking a healthy dinner is often the last thing we want to do—and it can be tempting

to make unhealthy food choices. Meal planning done in advance, on the other hand, makes you better prepared to choose smart options. It can also help you stretch your budget further, since you're only buying the foods you need. Believe it or not, shopping according to your meal plan also helps save our planet because we prevent food waste and lower our environmental footprint with fewer trips to the store for forgotten or missing ingredients," says Gretchen Tanbonlong, Associate Director for Health & Wellness at NCOA and a registered dietitian nutritionist.

To create your healthy-eating meal plan, start by finding nutritious recipes and make a shopping list.

No time for meal planning? Consider investing in a meal kit delivery service to bring nutritious ingredients and recipes, or prepared meals, straight to your doorstep.

3. Drink water with your meals and eat water-rich foods.

Water is critical to almost all bodily functions, from lubricating our joints to pumping blood to our heart—yet many older adults don't drink enough. Certain medications can also affect your hydration levels. That's why staying hydrated is such an important part of healthy aging.

Unless you are on a fluid-restricted diet prescribed by your health care provider, the National Academy of Medicine provides a general guide for healthy adults aged 19 years and over: 9 to 13 cups of fluid daily for healthy women and men aged 19 years and over. If you have trouble drinking fluids, try including water-rich foods with every meal. These include watermelon, cucumbers, lettuce, strawberries, tomatoes, and celery as well as low-sodium soups, broths, and stews.

4. Focus on getting enough protein to prevent muscle loss.

Between the ages of 40 and 80, adults lose up to 50% of their muscle mass. Since dietary protein helps us maintain and build muscle, healthy eating guidelines emphasize getting

enough of this nutrient. An older adult who weighs 150 pounds should aim to consume 68-83 grams of dietary protein daily.

Your protein intake should be spread out over several meals to provide the most benefit. Try to get 25-30 grams at each meal, depending on how much you weigh. What are the best sources of dietary protein? Low fat dairy products, meat, seafood, and poultry are all good choices. If you follow a mostly plant-based diet, whole grains, seeds, nuts, beans, and lentils are other protein-rich options.

5. Eat fiber-rich foods.

Fiber is a type of carbohydrate that helps regulate our digestive system. It can even help reduce the risk of heart disease, type 2 diabetes, and certain cancers. Too little fiber can cause constipation and put you at greater risk for chronic disease. But about 95% of adults don't get enough in their daily diet.

The recommended daily intake of fiber for adults age 51-71+ is 30 grams for men and 21 grams for women. You can get your fiber from an array of plant-based and whole-grain foods, such as:

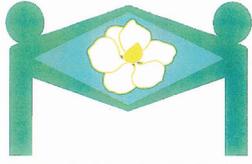
- Bananas
- Black beans
- Apples
- Quinoa
- Whole-grain bread
- Cabbage
- Almonds

6. Watch your sodium intake.

Consuming excess dietary sodium can cause your body to retain too much fluid, causing high blood pressure. This creates extra strain on your heart and can lead to heart failure, stroke, and kidney disease.

The American Heart Association recommends no more than 1,500 mg of sodium per day for most adults, especially those with high blood pressure. You can reduce your sodium intake by limiting processed foods and by seasoning your food with herbs and lemon juice instead of salt.

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To sign-up return this form to 600 Lelia, Magnolia, AR 71753 or Fax to 870-234-6804.

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Visit us at agewithdignity.com

**There is no need to submit a sign-up form if you already received a newsletter in the mail.*

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