

# BIG EASY FLEUR DE LIS PARKINSON'S SUPPORT GROUP

## Meeting Minutes

10-29-18

**Announcement: Fill out forms to get your Flu shots at the next meeting. Since many members have already received theirs, these will be offered next year at the September meeting.**

1. Opening prayer: Dr. Ferd Becker
2. New Members: Please complete "Member Profile" & pick up Welcome Bag  
**Thank You** to Jan & Ron Barone for food set up every meeting!  
**Thank You** to Jill Siemssen & US WorldMeds for our delicious treats !!  
**Thank You** to Sonny & Nancy for our Cake, Shrimp Pasta, photos & more !
3. New Business:
  - A. Allan Murphy - Non-profit status still pending. This has been applied for electronically by Julie Costales. We should hear this month.
  - B. Save the Date : **Dec. 28<sup>th</sup>** 11:30 Holiday Luncheon at Augie's in Harahan. SIGN UP today or next month. There is a \$5 reservation fee.
  - C. **UPDATE:** An "assistant" / Co-leader has come forward. Cherie Pausina, with AmeraCare, has offered Bonnie her help with Group activities! She is already working on **several things-Yay Cherie!!!**
  - D.** Secretary help needed for Martha Good with mtg. minutes!!
  - E. Jump drives available with resources for those dealing with Parkinson's - FREE ! See Julie Costales

#### 4. LA Walks for PD: Was a **Great Day**

Lots of Fun, Food & Festivities for all! 20 members participated. 7 members walked. Need chairman next year to manage our team!!

5. CARE GIVER GROUP 1<sup>st</sup> Wed. 3421 Causeway Blvd. (#502) 504-828-0900

#### 6. TIPS 'N TRICKS:

- 1) Since time was short, & forms need to be submitted before Flu Shots are given, Ameracare will be giving them at our November meeting.
- 2) Deliver to your Docs our Green Brochures -sign-up sheet on table!
- 3) PARKINSON'S EXPLAINED Book- Leana Marie - Available on Amazon. CHECK OUT & RETURN ONLY ! See Lois Anderson
- 4) Pill bottles with timer and group logo on top. (\$5) Purchase one at the meetings. The timer on top shows when you took your last pill, and re-sets at each opening! Invaluable for those who have to take their medicine on time. Rechargeable, to save on batteries.

7. There is a list of all the **Support Groups throughout Louisiana** on the back table, for those who have friends or family throughout the state.

8. Bonnie showed the **Medical History bracelet**, which has a USB connection for the hospital staff or Dr. ([medicalhistorybracelet.com](http://medicalhistorybracelet.com)) There is a smartphone app - Medical App

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**MEDICARE INFORMATION FOR 2019**  
***Our presenters today:***  
***Molly Prokop - SHIIP Counselor;***  
***Maria Alvarez – Social Security Advisor***

**Medicare disability program**

**SSI (Supplemental Security Income)** is not based on the person's paying into Social Security. It does have strict disability and income limits.

You cannot receive both a retirement and disability payment. If people are receiving disability benefits and become retirement age, the amount of disability is the same amount as you would get at retirement.

Social Security has a very strict definition of disability, which you must meet. Your approval will depend on your age, occupation, education, work experience, abilities as well as other factors. This may differ from other forms of disability, such as VA.

Conditions which can be stabilized through management or medication may not qualify. But, it depends on the severity of the condition and its control. You can still apply.

**Prescription Drug Help:**

For people who receive benefits under Medicare Parts A and B, you may qualify for help with your drug costs, depending on your income. (Under \$28,150 for a married couple. \$14,075 for a single individual.)

This can help with costs, co-pays and deductibles.

You can apply for this online or call 1-800-MEDICARE (1-800-633-4227 and complete the application on the phone.

**Social Security Online Services;**

You can apply for many benefits online.

You can create a profile called MySocialSecurity account online, to see your records, benefits and application. You can request a replacement Social Security card.

Q. What if someone is getting Medicare services under disability, but no Social Security income?

A. With disability, you automatically get Medicare after two years. This may be because they are receiving a different disability payment (state, local, etc.)

Q. What if you're getting long term care insurance, and they are requiring you get retraining.

A. This is the right of the insurance company. Social Security may require that you be re-evaluated on a periodic basis, a continuing disability review. If you have completed a rehab or retraining program successfully, you may lose qualification. You must be able to do the work you trained for.

### **Molly Prokop - SHIIP Counselor – Council on Aging (Jefferson Parish)**

There is also a Council on Aging in each parish. **Shiip** is a national program.

New Medicare cards are coming. Should arrive between now and next April. Social Security number has been replaced by a new ID number. They also removed some other identifying information.

Part B Medicare, the part that covers Dr. Visits, will be going up to \$135.50 per month.

We are in the middle of the enrollment period. It is a good idea to review your options and whether your present coverage is the best for you.

### **Medicare Advantage**

Humana did some interesting things last year. They dropped their Out-of-Pocket to \$3700 and dropped their co-pays for specialists. The drops are due to competition in the field.

You are entitled to an annual wellness visit at no cost, no co-pay. Tell them that you are coming for your annual wellness visit. There are also preventive services for no cost, if you are at risk for those conditions.

**Medicare Advantage** networks, Ochsner, Blue Advantage, Aetna and United, require you to stay in network. If you want to go to a specialist outside of the network, you can't. You need a **Medicare Supplement** plan to have that freedom. If you go from Advantage to Supplement, in some cases you can be denied. Plans go up yearly, at least every five years.

In 2019, Medicare is going to approve help in the home and transportation for some Advantage plans, but this is up to the insurance company and she knows of nothing locally.

**Medicare Supplemental policies** may not be as restrictive in what doctors and hospitals you can use as the Medicare Advantage plans.

If you have an F plan, these are being phased out. The insurance company won't kick you out, but they won't sell any new ones, which could cause premium increases. Best transfer would be to a G plan, but you could require underwriting.

**Medicare Savings Program** – pays the Part B premium as well as co-pays and lowers the cost of your medicines.

**Senior Rx** – Program from the Council on Aging can provide some medicines by mail at a lowered cost, if you qualify. Drug companies also offer patient assistance so people will try new drugs. 504-888-5850

**Part D Plans (for drug costs)** – the deductible has gone up. These all change each year. You can call her (Molly) with a list of your medicines and she will advise which best fits your needs. She will know which pharmacy you need. You can plug these into Medicare.Gov.

**The gap (doughnut hole) is closing for brand name drugs in 2019.** It will close for generics in 2020.

Q. One member has problems getting her medicine. Medicare requires more paperwork. (The question was related to insulin for a pump and test strips.)

A. Go on Medicare.gov and you'll get a list of Medicare approved vendors.

If you are asked for your new Medicare number, the old numbers are still good until after April, 2019. Also, if you are called on the phone and asked for this information, **do not provide it**. Medicare does not call and ask for these.

If you have a prescription for durable medical equipment and you go to an approved supplier, Medicare will pay 80%. Do not sign up for these until you are sure your reimbursement is qualified.

**\*Nov. 26** Rich Baudry- Baudry Therapy ( PD centered therapy )  
Greg Roniger & Tom Douglas - Rock Steady Boxing

**\*Dec. 28<sup>th</sup>** {Fri.} Holiday Luncheon 11:30 @ Augie's Restaurant - Jeff Hwy.  
Our Host- Jill Siemssen & US WorldMeds

**\*Jan. 28<sup>th</sup>** Game Day! BINGO !!!! Fun & Prizes

*Respectfully submitted, Martha Good 11-6-18*