

THE GAIL GUIDE

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Your Authority, Your Estate Plan: Remain in the Driver's Seat

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The GAIL program is pleased to present Attorney Cheryl Chapman Henderson's Workshop, "Your Authority, Your Estate Plan": Remain in the Driver's Seat.

Topics presented will include:

- Discover the success secrets to Estate Planning,
- Learn about Wills and Probate. How they work and what to look out for.
- Learn about Trusts and How They Work – Revocable, Irrevocable, Special needs.
- Understand why Powers of Attorneys, Advance Directives and HIPAA Authorizations are essential to every estate plan.
- Get familiar with basic Medicaid, Medicare, and VA Benefits concepts.

This will be an interactive presentation so expect to get many of your questions answered. The workshop will be held at the Greenbelt Municipal Center—25 Crescent Rd., Greenbelt, MD 20770 - 2nd floor Thursday, October 12, 2017-12:30 pm-2:30 pm . Please call Greenbelt CARES to register 240-542-2033

Welcome the New GAIL Public Health Intern



The GAIL Program is pleased to welcome full time intern, Nima Shamsa for Fall 2017. He is a senior Community Health major at the University of Maryland School of Public Health. After graduating he hopes to work in community outreach, helping those in need to connect with health resources. In the future, he plans to continue his Public Health education by pursuing a Masters in Public Health and eventually work towards an M.D. He looks forward to meeting and working with everyone in the GAIL program and to assist in any way he can.

Open Enrollment for Medicare Part C and D Begins.....

MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO EFFECTIVE DATE
HOSPITAL (PART A) 01-01-2007
MEDICAL (PART B) 01-01-2007

SIGN HERE →

Open enrollment begins **October 15 – December 7, 2017** for Medicare Part D- prescription drug coverage. During open enrollment the GAIL program office can assist Greenbelt residents in making an educated choice for their prescription coverage. During open enrollment, drug insurance companies present new formulary pricing and have the opportunity to change their premiums. During a consultation, GAIL program staff will also determine if Greenbelters are eligible for other benefits that may reduce their prescription costs.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply. If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria. You must be enrolled in Medicare Part A and B. You must live in the plan's service area. You cannot have End-Stage Renal Disease (some exceptions apply). Between January 1 and February 14 each year, if you are enrolled in a Medicare Advantage plan also known as a Medicare Part C Plan, you can leave your plan and return to original Medicare. You cannot switch to another Advantage plan unless you have a circumstance that affords you a Special Enrollment Period. After you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll. If you would like to schedule an appointment with Christal Batey, Community Resource Advocate to review your Part D Plan or Medicare Advantage Plan **please call 301-345-6660 ext. 2012 to schedule an appointment beginning October 2, 2017.**

Open Enrollment for the Affordable Care Act

Here's what you need to know for the open enrollment period for 2018 individual and family health insurance plans.

It is important for Marylanders to understand that nothing has changed. The Affordable Care Act (ACA) is still the law of the land.

If you signed up for health insurance for 2017, your coverage is protected through the end of this year. Make sure you stay covered throughout the year by continuing to pay your premium on time.

You may have heard about changes to plan premiums for next year. These rates are determined by insurance companies and the Maryland Insurance Administration. In many cases if your insurance premium increases, your financial assistance will also increase, so you will see little or no rise in monthly costs.

Open enrollment is November 1 to December 15, 2017 to see if you qualify for financial help and shop for a new plan for 2018. Each year 9 out of 10 people who enroll with us qualify for lower costs. For more information please call toll-free at 1-855-642-8572

Time to Register for Check. Change. Control.



The GAIL Program is pleased to announce our partnership with the American Heart Association in the Check. Change. Control.- Self Monitoring Blood Pressure Initiative. This free initiative is:

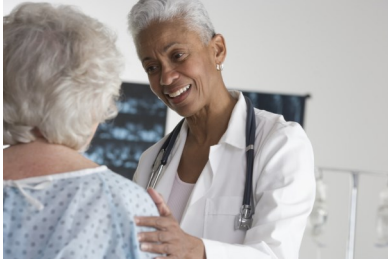
- Evidence based high blood pressure management program that utilizes a tracker to empower patients to take ownership of their cardiovascular health.
- Incorporates the concepts of remote monitoring, mentoring, tracking as key features to improve HBP management, physical activity and weight reduction.
- Three month education sessions with monthly prize drawings for participants that take 4 blood pressure readings per month and enter/submit their data.
- Encourages residents and staff to take weekly readings over 3 months. Blood pressure cuffs will be made available in the following locations:
 - ⇒ Greenbelt Community Center -15 Crescent Rd., Greenbelt, MD
 - ⇒ Greenbelt Aquatic Center -101 Center Way, Greenbelt, MD
 - ⇒ Greenbelt Youth Center - 99 Center Way, Greenbelt, MD
 - ⇒ Green Ridge House Apartments - GRH residents only - 22 Ridge Rd., Greenbelt, MD
 - ⇒ Springhill Lake Recreation Center - 6101 Cherrywood Lane, Greenbelt, MD
- Target Audience: Residents and City of Greenbelt staff
- Residents and staff that submit their blood pressure number via computer or via blood pressure tracker cards to the GAIL program office will be entered into a monthly prize drawing.

Developed to support hypertension management among the adult population, Check. Change. Control.® engages participants, emphasizing 3 important aspects of managing hypertension:

1. Checking for high blood pressure and symptoms;
2. Changing lifestyle and seeking treatment;
3. Controlling hypertension by taking preventative measures.

Registration will begin Monday, October 2, - Friday, October 13, 2017. The program begins on Monday, October 16, 2017— Monday, January 15, 2018. We hope people of all ages will join us as we Check, Change and Control our blood pressure.

Save the Date Events Coming Soon



The GAIL program is pleased to continue to provide health and wellness services to Greenbelt residents free of charge. Your attendance shows our vendors that take their time and effort to supply residents and staff with access to free screenings that we value their participation. The GAIL program hopes to continue to provide access to free health services in our effort to have healthy and happy Greenbelt residents.

Free Flu Clinic — The GAIL Program in partnership with the Prince George's County Health Department will offer free flu shots at the Springhill Lake Recreation Center 6101 Cherrywood Lane, Greenbelt, MD 20770 on Thursday, October 12, 2017 from 1-7 pm. Children under 18 must be accompanied by adult.



City of Greenbelt Home Run To Health — Annual Health and Wellness Fair

Greenbelt Community Center— 15 Crescent Road, Greenbelt, MD 20770 Tuesday, October 17, 2017 from 10:00 am—2:00 pm—Featuring Flu shots, mini massages, blood pressure screening and much more. To receive the flu shot free please bring your Medicare Card. You must have Medicare Part B to receive the shot for free, otherwise the cost is \$25.00

Greenbelt — Mental Health Screening Month— Schedule your free mental health screening during the month of November. Please call the GAIL program office at 301-345-6660 ext. 2033. You will then meet with a mental health professional for an assessment and resources. The City will also offer online free screenings at the City of Greenbelt website www.greenbeltmd.gov

Greenbelt — National Memory Screening Week Sites

1. Greenbelt Municipal Center - Monday, November 6, 2017- 9:30-11:30 am
25 Crescent Road, Greenbelt, MD 20770
2. Green Ridge House - Wednesday, November 8, 2017- 9:30 -11:30 am
22 Ridge Road, Greenbelt, MD 20770

Call Nima Shamsa, GAIL Public Health Intern, to register at 240-542-2033



Free Produce Distribution

Thursday, November 2, 2017 at Springhill Lake Elementary School 6060 Springhill Dr. Greenbelt, MD 20770 2:30-4:00 pm. Please bring your carts, reusable bags or luggage to carry items home. Due to the nature of the items your distribution may be heavy. Please note you will not be allowed into the school until 2:15 pm due to security measures for the school.