

Aging News



A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living



January 2023 Edition

Upcoming Aging Events

Aging Advisory Council
January 11, 2023
In person- BGADD Conference Room
Virtual- [Join here](#)

Family Caregiver Workshop
January 20th 9 AM-12 PM
[Register here](#)

Inside This Issue

Glaucoma Awareness Month

Medicare and Medicaid Vaccine Coverage

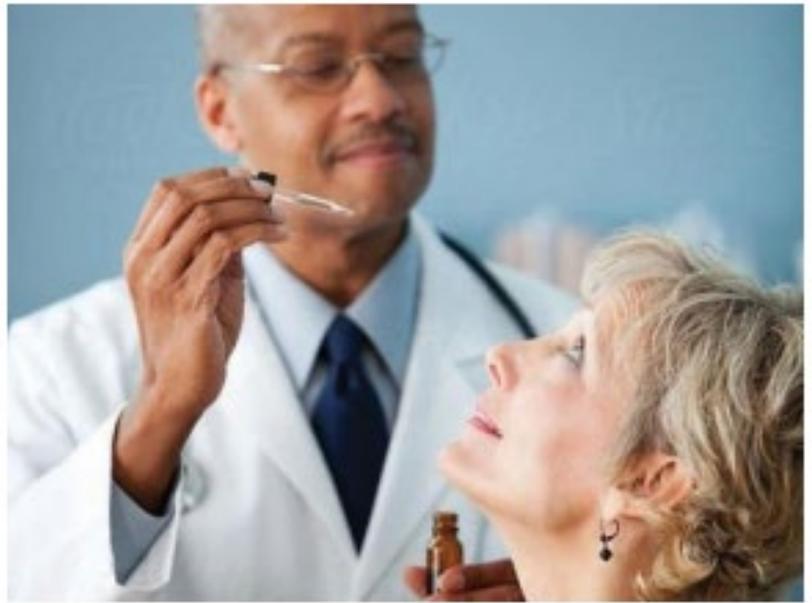
I was scammed- what now?

Honor My Decisions

Happenings Around the Region

Glaucoma Awareness Month

January is Glaucoma Awareness Month. Glaucoma is a group of eye diseases that affects the eyes and individuals over 60 are at increased risk for developing glaucoma. Early stages of glaucoma often do not have symptoms. Signs to watch and seek medical attention include sudden blurry vision, severe eye pain, headache, nausea, or seeing halos or rainbows around lights. There is currently no cure for glaucoma but early detection can often minimize symptoms and protect your vision. Glaucoma is diagnosed by a dilated eye exam. Adults should have a regular eye checkup just like hearing, physical, and dental checkups.



Medicare and Medicaid Updates

As part of the Inflation Reduction Act of 2022, vaccines are covered at no cost to Medicare and Medicaid recipients. Under Medicare some vaccines such as influenza, pneumococcal, and Covid-19 vaccines are covered at no cost under Part B and have been covered for years. Vaccines covered under Part D of Medicare such as shingles and Tdap have previously been covered with cost sharing or copays that the beneficiary is required to cover. Now, all vaccines under Part D are offered at no cost. Until the passage of this legislation, some Medicaid recipients were required to pay copays or cost share for recommended vaccines, but they are now covered at no cost. CDC still recommends that anyone who had their last Covid-19 shot at least two months ago should get the bivalent booster which is covered at no cost to Medicare beneficiaries.

SCAM ALERT

I was scammed- what now?

Often, we provide scam alerts to watch out for to prevent people from being scammed. However, there are so many scams out there. What do you need to do if you have been scammed? Here are some tips from the Consumer Financial Protection Bureau for next steps.

1. Contact local police or sheriff's office
2. Contact Kentucky Attorney General's office Consumer Protection Line- 502-696-5389 or [online here](#)
3. If victim is older adult or person with disability- report to Adult Protective Services (877) 597-2331
4. Submit a [complaint](#) to the Federal Trade Commission

You may have to contact additional agencies depending on the scam- but these agencies can direct you further.

Honor My Decisions

It's the start of a new year and there's no time like the present to start making plans for what you want at the end of your life. According to the CDC, 70% of Americans don't have an Advanced Care Plan- a document that says who you want to make decisions if you can't make them yourself and what treatment you do and don't want. BGAAAIL is offering free access to anyone over 60 to make your own advanced care plan through Honor My Decisions. This digital care plan can be shared with loved ones and medical professionals and updated at any time. This program helps you develop your care plan by educating and taking you through each step so that you are making informed decisions. In addition, it provides help on how to discuss your decisions and wishes with loved ones.

The logo for Honor My Decisions features the words "HONOR DECISIONS" in a white, sans-serif font on a purple background. To the right of the text is a white cross symbol with the word "My" written in a cursive script across it.

If you would like to access Honor My Decisions and build your own Advanced care plan or help a loved one over 60 years of age, please contact Celeste Robinson crobinson@bgadd.org

FROM THE DIRECTOR...

Hello,

I hope everyone had a wonderful holiday and were able to stay inside and keep warm during the extreme temperatures we had to endure. I want to bring your attention to the information provided in this newsletter about the Honor My Decisions opportunity we have available to anyone aged 60 and over. You can develop your advanced care wishes through this system and don't need to worry about keeping up with a piece of paper over the years. You will have a credit card size card to keep in your wallet with a QR code. Your physician offices and hospitals can scan that code and automatically have a record of your advanced care plan which provides them the ability to uphold your care wishes. It's a very simple process. Please email me and request your login.

Stay warm out there. Spring will come soon.

Sincerely,

Celeste



Celeste Robinson, BSW
BGAAAIL Director



Anderson County Seniors Christmas party photoshoot



Estill County visited Southern Lights



Lincoln County seniors received stockings with their home delivered meals



Garrard county seniors visit with Santa



Mercer County Seniors trip to see Southern Lights

699 PERIMETER DR
LEXINGTON, KY 40517
859-269-8021
ADRC@BGADD.ORG

