

G.R.E.A.T News

GeorgiaCares Referring, Educating and Training

Celebrating September 2020 Events

- National Cholesterol Education Month
- Healthy Aging Month
- National HIV/AIDS and Aging Awareness Day
- World Alzheimer's Month
- Prostate Cancer Awareness Month



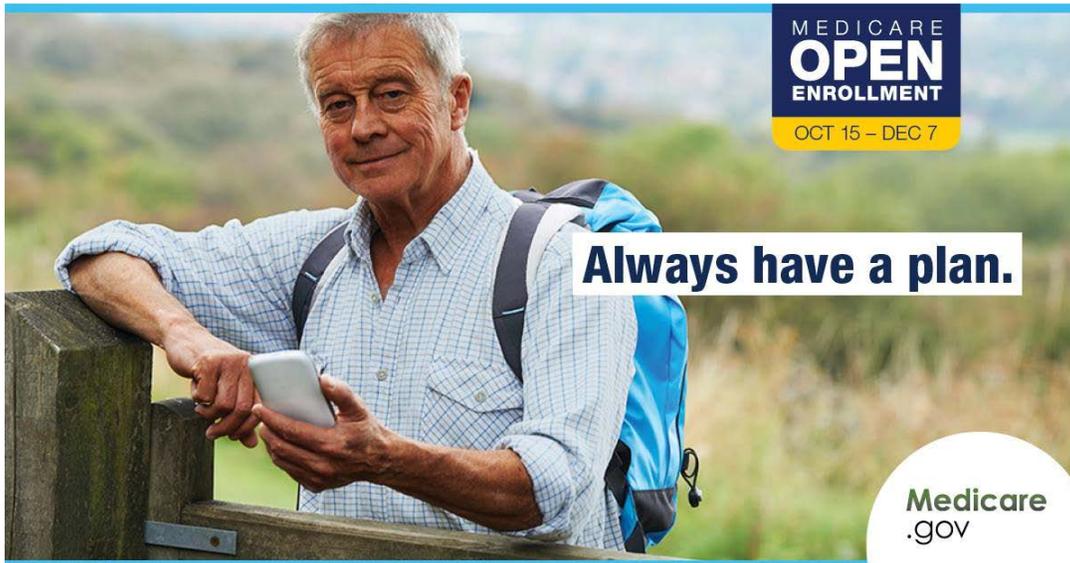
National Cholesterol Education Month

Cholesterol is a waxy, fat-like substance found in the body and in foods. There are two types of cholesterol, LDL and HDL. LDL (bad) cholesterol contributes to heart attack, stroke, and heart disease. HDL (good) cholesterol may protect the body from heart attack and stroke.

Adults 20 years of age or older should have their cholesterol checked every four to six years. Medicare Part B covers blood tests for cholesterol, lipid, and triglyceride levels. These screenings include blood tests that help detect conditions that may lead to a heart attack or stroke. Learn more at Medicare.gov:

<https://www.medicare.gov/coverage/cardiovascular-disease-screenings>

Source: <https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>



Individuals New to Medicare

Medicare is a federal health insurance plan for individuals 65 or older and persons who are citizens or permanent residents of the United States. **If you're over 65 (or turning 65 in the next 3 months) and not already getting benefits from Social Security**, you need to sign up to get Medicare Part A (Hospital Insurance) and Part B (Medical Insurance). You will not get Medicare automatically. <https://www.medicare.gov/sign-up-change-plans/get-started-with-medicare>

How to Apply online for Medicare

If you already get benefits from Social Security, you will get Medicare Part A and Part B automatically when you are first eligible and do not need to sign up. Medicare will send you a "Welcome to Medicare" packet 3 months before you turn 65.

Medicare Application may be submitted by visiting the Social Security website and creating a My Social Security Account. <https://secure.ssa.gov/iClaim/rib>. If eligible at age 65, initial enrollment period begins three months before their 65th birthday, includes the month they turn age 65, and ends three months after that birthday. Social Security verifies Medicare eligibility and enrolls beneficiaries in Original Medicare (Part A and Part B).

After enrollment in Medicare, the beneficiary will receive a red, white, and blue Medicare card showing that they have Part A and Part B or both.

Source: <https://www.ssa.gov/benefits/medicare/>



Did you know??

Medicare Current Beneficiary Survey (MCBS)

On behalf of the Centers for Medicare & Medicaid Services, part of the U.S. Department of Health and Human Services, NORC at the University of Chicago is undertaking an important national study called the Medicare Current Beneficiary Survey (MCBS). Interviews would normally be conducted in person but because of the coronavirus outbreak, interviews will be conducted via telephone surveys for Medicare beneficiaries in Georgia. This research project is designed to provide information on the health care experiences of Medicare eligible persons across America. The survey will collect urgently needed information about:

- The health problems of people on Medicare,
- The types of medical care they receive, and
- The cost and affordability of the care and medicine they need.

If you have any questions or would like more information on the study or NORC, please visit:

- Our Study Page on the Centers for Medicaid and Medicare Services website at [CMS.gov/mcbs](https://www.cms.gov/mcbs)
- Our MCBS Respondent Website at [mcbs.norc.org](https://www.mcbs.norc.org)

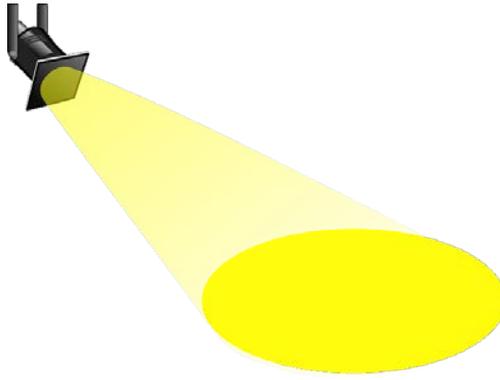
What is the 2020 Census and Its Importance?

The census is used to count the population in the United States and five U.S. territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U. S. Virgin Islands). The census is important in helping to determine the amount of funding a community receives, helps to plan community representation in government and other resources such as public services, funding for schools, hospitals, fire departments and improvements to neighborhoods.

The census is conducted every 10 years and may be completed online, by mail or by phone. The census is created to ask specific information pertaining to the household size, income, age of occupants of the home. Some questions the Census Bureau will **never** ask you for, Your Social Security number, bank, or credit card account numbers. For an additional list of potential questions asked or will not be asked, read more:

Questions asked: https://2020census.gov/en/about-questions.html?utm_campaign=11110101wcc20s3ccallrs&utm_medium=email&utm_source=govdelivery

Wont be asked: https://2020census.gov/en/avoiding-fraud.html?utm_campaign=11110101wcc20s3ccallrs&utm_medium=email&utm_source=govdelivery



GeorgiaCares Spotlight

GeorgiaCares Program: State Health Insurance Assistance Program (SHIP)

GeorgiaCares is a public-private partnership, administered by the Georgia Department of Human Services (DHS) Division of Aging Services (DAS). GeorgiaCares provides free, un-biased and factual information and assistance to Medicare beneficiaries and their caregivers with health and drug plans. GeorgiaCares is the State Health Insurance Assistance Program (SHIP) for Georgia.

GeorgiaCares helps people with Medicare understand their benefits and make informed decisions about health care options. **Medicare counselors are available Mon – Fri from 8am to 5pm at 1-866-552-4464 (option 4).**

Division of Family & Children Services (DFCS)

DFCS offices are temporarily reducing in-person operations to prevent the spread of COVID-19, applicants are being encouraged to use self-service option. <https://dfcs.georgia.gov/pandemic-electronic-benefit-transfer>

DFCS has extended the renewal date of applications due to COVID-19:

- **Medicaid Assistance (MA) and PeachCare** renewals for March – October have been extended for six months.
- **SNAP and TANF** renewals for March – August have been extended for six months.

Senior SNAP - individuals age 60 years and older and/or disabled individuals may be eligible for SNAP based on household income limits, fixed income limits such as Social Security Income, private, state or federal retirement, Veterans Administration benefits of United States Railroad retirement. Senior SNAP and Medicaid applications should be submitted to DFCS. <https://dfcs.georgia.gov/senior-snap>

Temporary Assistance for Needy Families (TANF) - is the monthly cash assistance program, with an employment services component, for low-income families with children under age 18, and children age 18 and attending school full-time. <https://dfcs.georgia.gov/services/temporary-assistance-needy-families>

GeorgiaCares
Local help for people with Medicare

Have questions about Medicare?
Join our

Medicare Webinars
Saturdays
9 a.m. - 10 a.m.

State Health Insurance Assistance Program

Register at mygeorgiacares.org

Whether you're new to Medicare or you need a refresher, join us to learn about Parts A, B, C and D. The GeorgiaCares State Health Insurance Assistance Program (SHIP) can teach you about Medicare enrollment options, coverage changes, out-of-pocket costs, Medicare Supplement (Medigap) policies and new changes to Medicare due to COVID-19. Learn how to make informed decisions about your health and drug coverage.

Register: <https://www.eventbrite.com/e/free-medicare-webinar-answers-to-your-medicare-questions-tickets-58881631545>



Puppy Scams Increase During COVID-19

Social isolation and COVID-19 have caused some families to shop online for pets. Scammers prey on the vulnerability of the purchasers and create false advertisements for animals that do not exist and are never shipped. Victim are being asked to send money for pet vaccine or for shipping and to pay with a prepaid gift card. The typical dollar amount lost to a pet scam is \$700, one of the highest for all categories of scams. Tips for avoiding puppy scams:

- **Do not buy a pet without seeing it in person.** Conduct an internet search of the picture of the pet, if the same picture appears on multiple websites, it may be a fraud.
- **Avoid wiring money or using a cash app or gift card.** These payment methods may not provide a way to get your money back if this is a fraud. Fraudsters may also steal the credit card information.
- **Research prices for the breed you are interested in adopting.** If a purebred dog is advertised for free or at a deeply discounted price, and then other payment is required for services like vaccination or shipping, it could be a fraudulent offer.
- **Consider reaching out to a local animal shelter.** Many shelters are looking for fosters to help relieve the animal's stress and reduce overcrowding at their facilities.
- **If you think you have been scammed or have found a suspicious website,** report it to BBB Scam Tracker and the Federal Trade Commission.

Read more: - <https://www.bbb.org/article/news-releases/22363-is-that-quarantine-puppy-real-puppy-scam-reports-skyrocket-during-covid-19-pandemic-bbb-warns>



How to Handle Advance Care Planning

The global pandemic has resulted in individuals having to reassess and make tough decisions regarding planning for advance care for beneficiaries and their loved ones. Although a tough decision, it is essential to have a plan in place for the future if your loved one is in another city or state, or if that loved one requires professional health care. To better prepare, the Department of Human Services (DHS) provides the below plan guidelines:

- The **Georgia Advance Directive for Health Care** - combines the Durable Power of Attorney for health care and the Georgia Living Will in 2007, which allows one to appoint an agent to make or carry out decisions for one's health care when he or she is unable to do so.
- **Details of My Final Arrangements** is a planning document and checklist that you and/or your family can use upon the death of a loved one.
- **Temporary Health Care Placement Decision Maker for an Adult Act** is an informational booklet designed to facilitate admissions, transfers and discharges deemed medically necessary when a patient is unable to make or communicate decisions for him or herself.
- **Guardianship Law in Georgia** provides an explanation of the law on guardianship and conservatorship, along with other frequently asked questions.
- **Caring from a distance** is a guide to assist family members arranging care for a loved one in another city or state.

Source: <https://dhs.georgia.gov/spotlight/2020-07-20/learn-about-advance-care-planning-yourself-and-loved-ones>

Additional resources:

Elder Support: <https://aging.georgia.gov/about-us/publications>

Metro Atlanta 404-657-9915

Statewide (toll-free) 888-257-9519

Volunteer Opportunities



Become a GeorgiaCares volunteer and make a difference in the lives of seniors and persons with disabilities in your area.

VOLUNTEER for GeorgiaCares

<https://www.mygeorgiacares.org/How-You-Can-Help>

Contact Us



We would like to hear about your experience with GeorgiaCares. Please email your comments to georgiacares@dhs.ga.gov.

You can receive personalized Medicare phone counseling Mon - Fri, 8:00 am - 5:00 pm by calling 1-866-552-4464 (Option 4). Follow us at GeorgiaCares Facebook.