

1941 SOUTH 42ND STREET
SUITE #312
OMAHA, NEBRASKA 68105



VOLUNTEERS ASSISTING SENIORS

JULY 2017

STAFF

Sue FredricksExecutive Director
Kae Turco.....Volunteer Coordinator
Brenda Canedy.....Client Resource
Coordinator
Lorena Marion.....Office Manager
Anissa Wilson.....Intake Coordinator

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HOURS

MONDAY-FRIDAY 8:30-4:30

OUR MISSION

TO SIMPLIFY THE LIVES OF
SENIORS BY ENABLING THEM TO
MAKE INFORMED DECISIONS
REGARDING THEIR BENEFITS

www.vas-nebraska.com

Chronic Care Management

Managing your health can be challenging, especially if you have two or more chronic conditions or illnesses. Between doctor visits, taking the right medications at the right times, and following advice from different health care professionals, managing chronic conditions can be overwhelming.

Chronic conditions are conditions that last a year or more and require ongoing medical attention and/or limit activities of daily living. They include both physical conditions such as arthritis, cancer, and high blood pressure. Also included are mental and cognitive disorders, such as ongoing depression, substance addiction, and dementia.

Chronic Care Management (CCM) is a critical component of primary care that contributes to better health and care for individuals. If you have Medicare and live with two or more chronic conditions, you may be eligible for CCM services.

What does CCM mean for you?

- CCM means having a continuous relationship with a dedicated health care professional who knows you and your history, gives you personal attention, and helps you make the best choices for your health. Connecting to a dedicated health care professional means you can better manage your care and spend more time focusing on your health.

- CCM means you and your loved ones have the assistance you need to manage your chronic conditions so you can spend more time doing the things you enjoy. Your dedicated health professional will help you keep track of your medical history, medications, and all the doctors you see. You'll receive a comprehensive care plan that outlines your treatment plan and goals.

- CCM means having help on call 24/7 to address urgent needs from the comfort of your home. CCM includes 24-hour-a-day, 7-day-a-week (24/7) access to health care professionals for urgent needs, including a means to make contact regardless of the time of day or day of week.

If you have Medicare and two or more chronic conditions, talk to your nurse or doctor about CMM services or visit Medicare.gov.





*“Here men from
the planet Earth
first set foot upon
the Moon.
July 1969 AD.
We came in peace
for all mankind”.*

Neil Armstrong



New Medicare Cards Are Coming

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. Incidents among seniors increased to 2.6 million from 2.1 million between 2012 and 2014, according to the most current statistics from the Department of Justice. Identity theft can take not only an emotional toll on those who experience it, but also a financial one: two-thirds of all identity theft victims reported a direct financial loss. It can also disrupt lives, damage credit ratings and result in inaccuracies in medical records and costly false claims.

Medicare is taking steps to reduce fraud and identity theft by removing Social Security numbers from Medicare cards. CMS will issue new Medicare cards with a new unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI) to replace the current cards using Social Security numbers. This initiative will not only work to prevent fraud and fight identity theft, it will also protect essential program funding and the private healthcare and financial information of Medicare beneficiaries.

New cards will begin being mailed to people with Medicare benefits in April 2018. All Medicare cards will be replaced by April 2019. Medicare beneficiaries will be instructed to destroy their current Medicare cards and keep the new MBI confidential. Issuance of the new MBI will not change the benefits a Medicare beneficiary receives.

The rollout of the new Medicare cards will be automatic and beneficiaries do not need to do anything to receive the new card. It is important for beneficiaries to protect themselves from potential scams focusing on the new cards by being aware of the following tips;

- There is no payment required to receive a new Medicare card
- You will not be required to verify your identity by providing personal information such as name, address, Social Security numbers, bank account information or credit card numbers.
- Keep your new card safe, even with the Social Security number removed, your card could still be used to commit fraud in your name.

Elder Financial Abuse Workshop

The National Center on Elder Abuse estimates that there are roughly five million cases of elder financial abuse each year. For the most part, perpetrators of these crimes are trusted family members or caregivers, and as such, elder financial abuse is not an easy type of fraud to detect.

Volunteers Assisting Seniors (VAS) will be hosting a workshop on Elder Financial Abuse on Thursday, July 13th, at 1:30pm at the VAS office at

1941 S. 42nd St, Suite 312. During the one-hour workshop speakers from First National Bank will provide information to help you recognize some of the more common scams that occur at financial institutions, what "red-flags" to look for, and how to protect yourself from being victimized.

The workshop is free, but due to limited space, advanced registration is required. Call VAS at 402-444-6617 to reserve a seat for the workshop.

Give65

It can be challenging to raise funds for programs and services that help seniors in need. In the nonprofit world, seniors are often overlooked and nonprofits are underfunded. GIVE65, is a program of Home Instead Senior Care Foundation. It is the first and only crowd-fundraising platform exclusively devoted to helping nonprofits raise money online for programs and services that create hope for seniors.

Home Instead Senior Care Foundation believes they can inspire greater charitable giving in support of seniors by working with nonprofits who share this common mission. By working together, we can increase social awareness and the capacity of nonprofit organizations to care for the growing senior population - ultimately helping even more seniors in need.

Volunteers Assisting Seniors is participating in this year's Give65 event and has been approved for \$1,500 in matching funds. You can visit our [GIVE65 giving page](#) where you can learn more about the project we're raising funds for and see the progress we've made. You can also make a donation to help us reach our goal.

The GIVE65 Event is a 65-hour event running from July 11 - 13. You can pre-schedule donations starting July 1 through July 10th. No gift is too small, every dollar counts and any donation will help make a difference in the lives of seniors and their families in our community. We feel through the GIVE65 partnership, we have the opportunity to make an even greater impact in the lives of seniors and their families.



DONATE TODAY!

Pre-scheduled donations will be accepted between July 1-10, 2017.

GIVE65.org

Wine Beer & Cheer

Volunteers Assisting Seniors (VAS) is planning an event, "Wine, Beer and Cheer", in celebration of our 40th year of service to seniors in the metro Omaha area.

The event is being held on Tuesday, August 22, 2017 at Vino Mas, 14450 Eagle Run Drive, Suite #220 from 5:00-7:30pm and will offer wine and beer tastings, appetizers, and music. Proceeds from the event will directly support our volunteer network in their efforts to help seniors navigate complex government benefit programs.



Celebrating 40 years

of helping seniors through a network of dedicated volunteers

VAS is hosting a wine tasting event at Vino Mas. The event will include wine and beer tastings, appetizers and classical harp music.

Tuesday, August 22, 5:00 pm to 7:30 pm

Vino Mas
14450 Eagle Run Drive
Omaha, NE 68116

For ticket information

[Click here.](#)



Volunteers Assisting Seniors

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JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4  HAPPY 4 TH JULY Office Closed	5	6	7	8
10	11	12	13 Elder Financial Abuse Seminar	14	15
17	18	19	20 New to Medicare Class	21 Volunteer Luncheon	22
24	25	26	27	28	29
31					