

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

### STAFF

Toni Roberts.....Executive Director  
Kae Turco.....Program Coordinator  
Brenda Canedy.....Client Resource  
Coordinator  
Anissa Wilson.....Client Services  
Manager  
Diana Palmer.....Office Assistant

### BOARD OF DIRECTORS

#### OFFICERS

Mike Carsey.....President  
Barb Rizvi.....Vice President  
Barry Gerken.....Secretary  
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#### DIRECTORS

Gary Green                      CJ Guenzel  
Jeff Smith                        Rick Scofield

### HOURS

MONDAY-FRIDAY  
8:30AM – 4:30PM

### OUR MISSION

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

[www.vas-nebraska.org](http://www.vas-nebraska.org)  
402-444-6617



## VOLUNTEERS ASSISTING SENIORS

SUMMER 2022

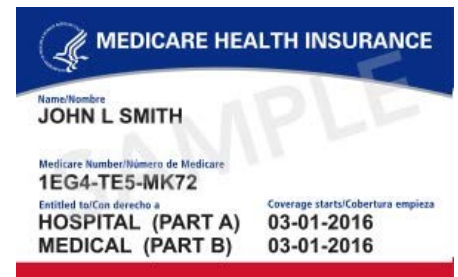
## 2022 Medicare Part A and Part B Enrollment Periods Extended through End of Year

The Centers for Medicare & Medicaid Services is providing equitable relief to individuals who could not submit premium-Part A or Part B enrollment or disenrollment requests timely due to challenges contacting them by phone. This relief applies to the 2022 General Enrollment Period, Initial Enrollment Period, and Special Enrollment Period.

If you were unable to enroll or disenroll in Medicare because you could not reach them by phone after January 1, 2022, you will be granted

additional time, through December 30, 2022.

For more information, call VAS at 1-402-444-6617 or use the [Office Locator](#) to find the number for a local office.



## VAS Welcomes New Director Toni Roberts

We are excited to welcome our new Executive Director, Toni Roberts. Toni's enthusiasm for our mission combined with her fresh ideas and perspective will help us expand our reach while continuing to meet the evolving needs of our community.

Toni joined our team on June 13th and comes to us most recently from OpenSky Policy Institute in Lincoln. She brings extensive and varied experience with advocacy,

program management, volunteer and staff development, relationship building and strategic planning. A graduate of the University of Nebraska – Lincoln, she has a BS in Public Health and a BS Ed in Elementary and Secondary Education.

We look forward to seeing where Toni's leadership takes us. Welcome to Volunteers Assisting Seniors, Toni!



*They said,  
“Don’t give  
up on your  
dreams”,  
so I went  
back to  
sleep.*

- Anonymous

## Do I need to sign up for Medicare at 65?

It depends on how you get your health insurance now and the number of employees that are in the company where you (or your spouse) work.

Generally, if you have job-based health insurance through your (or your spouse’s) current job, you don’t have to sign up for Medicare while you (or your spouse) are still working. You can wait to sign up until you (or your spouse) stop working or you lose your health insurance.

### How do I sign up for Medicare?

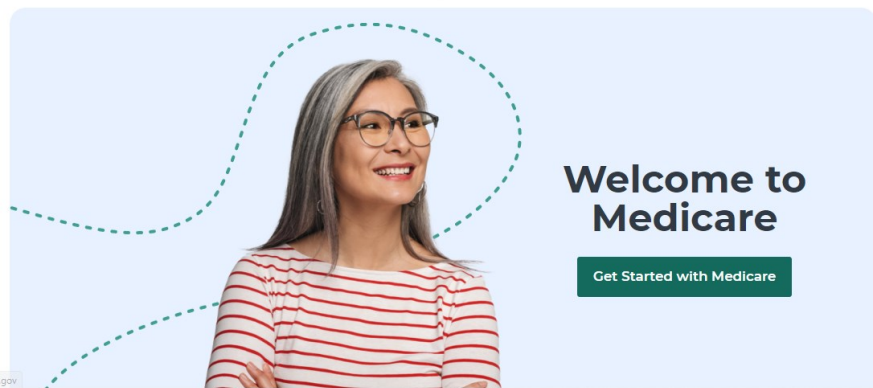
If you’re already getting benefits from Social Security (or Railroad Retirement Board), you’ll automatically get Medicare. If not, you’ll need to sign up.

[Find out how you get Medicare based on your situation.](#)

### How does Medicare work with my job-based health insurance?

Keep in mind that:

- Most people qualify to get Part A without



**If you’re self-employed or have health insurance that’s not available to everyone at the company:** Ask the insurance provider if your coverage is employer group health plan coverage (as defined by the IRS.) If it’s not, sign up for Medicare when you turn 65 to avoid a monthly Part B late enrollment penalty..

- **If the employer has less than 20 employees:** You might need to sign up for Medicare when you turn 65 so you don’t have gaps in your job-based health insurance. Check with the employer.
- **If you have COBRA coverage:** Sign up for Medicare when you turn 65 to avoid gaps in coverage and a monthly Part B late enrollment penalty. If you have COBRA before signing up for Medicare, your COBRA will probably end once you sign up.

paying a monthly premium. If you qualify, you can sign up for Part A coverage starting 3 months before you turn 65 and any time after you turn 65 — Part A coverage starts up to 6 months back from when you sign up or apply to get benefits from Social Security (or the Railroad Retirement Board).

- If you have a Health Savings Account, you and your employer should stop contributing to it 6 months before you sign up for Part A (or apply to start getting Social Security benefits) to avoid a tax penalty.

[Answer a few questions to find out when you need to sign up.](#)

There are different rules if you are Medicare -eligible due to [disability](#) or because you have [ESRD](#) or ALS.

## Please Support VAS during Give65: July 12-15

Volunteers Assisting Seniors is teaming up with Home Instead Charities during the Give65 Event to raise funds in support of our Medicare and Homestead Exemption assistance programs. Last fiscal year, VAS helped seniors in our community save over \$2.8 million. Our services are critical for those dealing with fixed incomes and rising costs.

If you or anyone you know has used our services in the past, please consider supporting VAS during this year's Give65 Event, July 12 – 15.

The Give65 event starts Tuesday, July 12, at 8:00 a.m. CST. **If you donate early in the event, your gift has a chance to be matched** by Home Instead Charities. VAS is eligible for up to \$5,000 in matching funds.

Click [here](#) for more information on the [VAS Fundraising Campaign – Senior Benefits Counseling Program](#).

Your generosity helps to make our mission possible.



# Give65<sup>®</sup>

## Home Instead Charities

## Households Can Order Additional Free At-Home COVID-19 Tests

Residential households in the U.S. are now eligible for another order of free at-home tests on USPS.com. Here's what you need to know about your order:

- Each order now includes 8 rapid antigen COVID-19 tests
- Your order of 8 tests will come in 2 separate packages (4 tests in each package), each with its own tracking number
- Packages will ship free

If you need a COVID-19 test now, please see [other testing resources](#) for free testing locations in your area.

### The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests

[Order Free At-Home Tests](#)

## Get Tested for COVID-19 as soon as Possible

For many people, the sooner you act on your COVID-19 symptoms, the better! If you test positive — and are more likely to get very sick from COVID-19 — treatments are available to reduce your chances of severe illness.

Here's what you need to know:

Don't delay — get tested as soon as possible after your symptoms start. Treatment must be started within days after you first develop symptoms to be effective.

If you test positive, talk to your doctor or healthcare provider right away to find out if treatment is right for you, even if your symptoms are mild. There are multiple options for treating COVID-19 at home or in an outpatient setting.

### COVID-19 Treatments

If you're symptomatic, you may also want to consider using the [Test to Treat](#) program. With thousands of

locations nationwide, it can provide faster, easier access to lifesaving COVID-19 treatments. If you test positive, you can see a healthcare provider, and if eligible, get a prescription for an oral COVID-19 treatment and have that prescription filled — all at one location.

## COVID-19 Test to Treat Locator

Faster, Easier Access to Life-Saving COVID-19 Treatments

[View Locations](#)

## Upcoming Events

### New-to-Medicare Classes

Evenings: 6:30pm to 8pm

Two locations: New Cassel Retirement Center—Omaha  
Calvary Christian Church—Bellevue

Please [click here](#) or call VAS at 402-444-6617 to find out more and to make a reservation.

