

## Obamacare: Medicare Stronger Than Ever

### Does Obamacare mean I have to change my Medicare?

No. Federal health officials are trying to make sure older Americans are not confused by the overlapping enrollment periods for Medicare and what is referred to as **Obamacare**, which starts in October. People on Medicare don't have to do anything differently and will continue to sign up for Medicare plans as they did before. [Medicare.gov](http://www.Medicare.gov) and 1-800-MEDICARE are available resources to get answers to questions you may have.

Elders are receiving their new **Medicare & You 2014** booklet from the federal government. As this guide explains, *"Starting January 1, 2014, millions of people without Medicare will have access to quality health insurance through the new Health Insurance Marketplace..... [which] isn't changing Medicare. No matter how you get Medicare, you'll still have the benefits and security you have now. Medicare will be here for you, stronger than ever."* The booklet can be viewed or downloaded from <https://www.medicare.gov/pubs/pdf/10050.pdf>. For more information about the Marketplace, visit [HealthCare.gov](http://HealthCare.gov).

Some seniors may be confused by all the media coverage about the new online insurance exchanges set up as part of the Affordable Care Act. Many of these same insurance companies are offering coverage for Medicare and the exchanges. Medicare open enrollment starts Oct. 15 and closes Dec. 7, while enrollment for the new state exchanges for people 65 and under launches Oct. 1 and runs through March. The Affordable Care Act will not force seniors to lose their Medicare coverage. Medicare & You says: *"Medicare isn't part of the Marketplace.....Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes."* Seniors won't be able to purchase Medicare supplemental insurance or Part D drug plans through the state exchanges.

Because of the Affordable Care Act, Medicare now covers a yearly wellness visit and preventive care at no cost. This includes cancer, cholesterol and diabetes screenings; immunizations; diet counseling and more. It will also lower prescription drug costs. If you have Medicare Part D and you reach the coverage gap or **donut hole** in 2014, you will get a 52.5% discount on brand name prescription drugs and a 28% discount on generic drugs while in the coverage gap. These discounts will increase each year until 2020, when the both brand name and generic prescriptions coverage will be discounted 75%.

The Affordable Care Act will serve as a bridge to Medicare for people in the 50 to 64 age group. For these people, insurers have to cover essentials like doctor visits, hospital care, emergency and preventive care, prescriptions and more. Insurers can't turn people away, or charge them more, because they have preexisting medical conditions. However, they can charge older people more—but the cost is capped at three times the premium for younger people.

Insurers can't put dollar limits on the care—either in a year or over your lifetime. Tax credits will be available to help low and moderate income families buy health insurance. So Medicare in 2014 remains the same and "stronger than ever."



# SNAP Benefit Changes for Fall 2013

**In October, SNAP benefits will increase a small amount for some households with the cost of living adjustment (COLA).**



## More

### Information

For more information about the November benefit change, go to [mass.gov/dta/arra](http://mass.gov/dta/arra)

For general questions, call Project Bread at 1-800-645-8333.

For budgeting and shopping strategies, go to

[choosemyplate.gov](http://choosemyplate.gov)

For community resources, call 211.

**In November, SNAP benefits will decrease for most SNAP households due to the ending of ARRA.**

ARRA provided larger benefit amounts to clients as part of the overall economic stimulus package. This benefit increase expires on November 1, 2013.

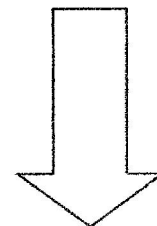
## What is the 2009 American Recovery and Reinvestment Act (ARRA)?

Congress passed and the President signed ARRA, also known as the stimulus package, into law in 2009 in order to boost economic activity as a result of the economic downturn.

## How much will benefits decrease?

If you get the maximum amount for your household size and there are no other household changes, the SNAP benefit change may look like this:

HH Size	Now	After Nov 1	Decrease
1	\$200	\$189	-\$11
2	\$367	\$347	-\$20
3	\$526	\$497	-\$29
4	\$668	\$632	-\$36
5	\$793	\$750	-\$43



## More Info on DTA

Please visit [www.mass.gov/dta](http://www.mass.gov/dta) or follow DTA on Twitter at @DTA\_Listens

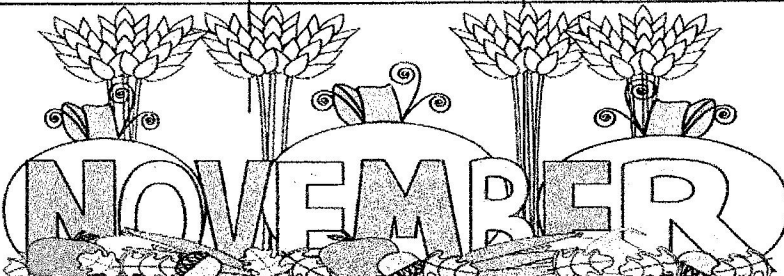
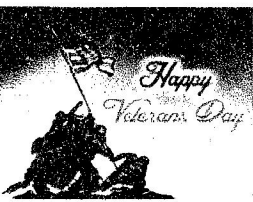

## What is my new benefit amount?

SNAP recipients will receive a notice in November explaining the benefit change and their new benefit amount. Be sure to let your case manager know if you have child care expenses or if you have medical expenses (if you are elderly or disabled). These may help boost your SNAP benefits.



# Old Colony Elder Services Nutrition Program - Menu

November-2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Milk and margarine are served at every meal \$ Soup on 11/20 will be served at Congregate sites only.	<b>1 Turkey a la King</b> Roasted Potato Peas & Onions Multigrain Bread Chocolate Mousse MOD: SF Pudding Calories: 730    Fat: 26% Sodium: 1010mg    Fiber: 9g
<b>4 Cranberry Chicken</b> Sweet Potatoes Green Beans Whole Wheat Bread Apricots Calories: 585    Fat: 16% Sodium: 430mg    Fiber: 8g	<b>5 Sloppy Joe (Beef)</b> Chuckwagon Corn Peas Hamburger Roll Strawberry Cup MOD: Mandarin Oranges Calories: 670    Fat: 25% Sodium: 560mg    Fiber: 11g	<b>6 Potato Crunch Fish</b> (tartar sauce) Brown Rice Blend Country Vegetables Multigrain Bread Hot Cinnamon Apples Calories: 805    Fat: 39% Sodium: 865    Fiber: 10g	<b>7 Lasagna with</b> Meat Sauce Spinach Cauliflower Oatmeal Bread Lemon Pudding MOD: SF Pudding Calories: 630    Fat: 27% Sodium: 920mg    Fiber: 12g	<b>8 Beef and Vegetable</b> Stew Boiled Potatoes Rye Bread Cherry Snack 'n Loaf MOD: Lemon Grahams Calories: 680    Fat: 32% Sodium: 525mg    Fiber: 4g
<b>11 Veterans' Day</b> <i>No meals served</i> 	<b>12 Chicken Tarragon</b> Potatoes Lyonnaise Riviera Vegetables Pumpernickel Bread Fruit Cocktail Calories: 610    Fat: 29% Sodium: 720mg    Fiber: 8g	<b>13 Eggplant Parmesan</b> Buttered Bowties Broccoli Whole Wheat Bread Birthday Cake MOD: Unfrosted Cake Calories: 790    Fat: 33% Sodium: 1080mg    Fiber: 16g	<b>14 BBQ Beef Riblet</b> Roast Potato Wedges Mixed Vegetables Sesame Roll Hot Cinnamon Apples Calories: 610    Fat: 33% Sodium: 795mg    Fiber: 8g	<b>15 Fiesta Fish</b> Brown Rice Medley Beets Multigrain Bread Peach Crisp Calories: 600    Fat: 17% Sodium: 730mg    Fiber: 10g
<b>18 Chicken Marsala</b> Basil Penne Pasta Mixed Vegetables Rye Bread Pineapple Calories: 645    Fat: 15% Sodium: 490mg    Fiber: 7g	<b>19 Spaghetti &amp; Meatballs with Sauce</b> Spinach Garlic Roll Peaches Calories: 840    Fat: 40% Sodium: 780mg    Fiber: 10g	<b>20 Roast Beef Sub</b> Mayo Vegetable Soup \$ Peppers & Tomato Cole Slaw Blueberry Grahams Calories: 880    Fat: 39% Sodium: 1110mg    Fiber: 8g	<b>21 Turkey w/ Gravy</b> Stuffing/Cranberry Mashed Potato Peas & Carrots Dinner Roll Pumpkin Bar MOD: SF Pumpkin Bar Calories: 765    Fat: 29% Sodium: 1465mg    Fiber: 8g	<b>22 Pork Piccata</b> Orzo Brown Rice Pilaf Butternut Squash Rye Bread Fresh Orange Calories: 730    Fat: 30% Sodium: 460mg    Fiber: 7g
<b>25 Chicken Calzone</b> w/ Tomato Sauce Italian Blend Veggies Whole Wheat Roll Butterscotch Pudding MOD: SF Pudding Calories: 680    Fat: 18% Sodium: 825mg    Fiber: 8g	<b>26 Stuffed Shells</b> w/ Meat Sauce Broccoli Whole Wheat Bread Hot Cinnamon Pears Calories: 620    Fat: 31% Sodium: 780mg    Fiber: 9g	<b>27 Wild Salmon w/</b> Lemon Dill Sauce Roasted Potatoes Peas Multigrain Bread Fruit Loaf MOD: Apple Grahams Calories: 770    Fat: 32% Sodium: 630 mg    Fiber: 10g		<b>29 Happy Holidays</b> (no meals served)

Menu is subject to change without notice  
**Suggested Donation - \$2.50 per Meal**



**Congratulations** to MARIE COOK for being the recipient of the 2012-2013 Mayflower RSVP Presidential Lifetime Service Award, given on Sept. 26th at Waverly Oaks in Plymouth

At 90, this resident of Halifax is still active in volunteering, helping in several different capacities at her church, the COA and the Veterans Hospital in Brockton. Marie knits various items and sends books to the VA and even manages her mobile home park's bowling league. Over the years, she has given over 8,000 hours of her time to others.

#### Quote of the Month:

**"Wherever you go, no matter what the weather, always bring your own sunshine." by Anthony J. DiAngelo**

#### NOVEMBER IS NATIONAL DIABETES MONTH!

Be aware of the possible symptoms of the disease...

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Scores that are slow to heal
- More infections than usual



**KEEP HEALTHY!** This disease affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. Call 1-800-232-4636 for more information

Source: National Diabetes Education Program & Center for Disease Control and Prevention

[www.YourDiabetesInfo.org/diabetesMonth2013](http://www.YourDiabetesInfo.org/diabetesMonth2013)

**Do you want to have something in combined December-January newsletter that would relate to Council on Aging events? Kindly submit in the NEWSLETTER box (top of cabinet in Reception Room) no later than November 1st. THANK YOU for keeping this deadline in mind so that nothing will be missed.**

Join the RED HATS on a special trip to Island Terrace (Lakeville) on Wednesday, Nov. 20th leaving the COA at 12L15. You'll enjoy the annual Christmas Tea and 23 tree display! Call Glenda Firlotte (781-293-5695) for more info; but call the COA office to reserve your space on the van!

#### HEALTHY SUBSTITUTES

when using local seasonal goodies in baking:  
(pumpkin, cranberries, zucchini, winter squash, etc.)

INSTEAD OF USING. . .

- BUTTER, MARGARINE, SHORTENING = USE APPLESAUCE FOR HALF OF CALLED-FOR BUTTER/SHORTENING
- EGGS = USE TWO EGG WHITES OR 1/4 EGG SUBSTITUTE
- FLOUR = use WHOLE WHEAT
- SUGAR = USE 1/2 CALLED FOR, INTENSIFY SWEETNESS BY ADDING VANILLA, NUTMEG OR CINNAMON!



Do you receive **SNAP?** (Supplemental Nutritional Assistant Program, i.e., Food Stamps) There will be changes coming, and in order to have assurance that you're receiving your full benefit amount, please call the Food Source hotline Counselors @ --- 645-8333. They will need specifics on your gross income amounts (social security, pensions, bank interest, etc., monthly rent/mortgage, property tax, homeowners' insurance, medical expense and insurance premiums) Read insert details.

#### "GENERATIONS" Membership—JOIN TODAY! (\$5.00 annual)

**Nov. 2013—Sept. 2014**

Support the Halifax Council on Aging and activities and mission. (See brochures in our entry way!)



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Here are my membership dues for the new year: \_\_\_\_\_ (10/13-9/14)

I'm including an additional contribution of \_\_\_\_\_ in memory of: \_\_\_\_\_

**Drop off or mail your \$5.00 donation or check (payable to "Generations") to: 4 Forestdale Dr., Halifax 02338**