



Indeed



A One Stop Shop for Minnesota Seniors

"Never doubt that a small group of committed people can change the world.

Indeed, it is the only thing that ever has. " - Margaret Mead

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How Did We Come Up With the Title?

indeed (adverb)

- An adverb used to emphasize a statement or answer: Our volunteers are *indeed* a special group of people.
- An adverb (formal) used to introduce an additional statement that emphasizes or supports what you have just said: I didn't mind at all. *Indeed*, I wanted to do it.

deed (noun)

The emphasis is on "deed" which means:

- A noun that describes something that is carried out; an act or action.
- An usually praiseworthy act; a feat, exploit, action, or performance in general: *Deeds*, not words, matter most.

About Your Newsletter

Who....Volunteers committed to serving older adults within southwestern Minnesota.

What....A newsletter that informs, educates, supports, promotes, and celebrates MNRAAA volunteers.

Where....Written by MNRAAA staff with your input and by your example.

When....You will receive it by e-mail each quarter. If you do not have a computer or e-mail address, contact Sarah at 1-800-333-2433 ext. 82026.

Why....This newsletter will provide you with the tools and resources you need in your work. With our resources and your resources everyone benefits.

If you have a question or idea for the newsletter, please call Sarah at 1-800-333-2433 ext. 82026.

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"Volunteers don't just do the work, they make it work."

Author unknown

Congratulations! It's a Boy.



Ashley Ronglien, Senior Outreach Specialist in Willmar, had her baby on June 10. At the time of birth Liam weighed 8 lb. 8 oz. and was 21 inches long. What a cutie!

MnRAAA Volunteers - Mankato



L-R, Back - Judy Blume, Senior LinkAge Line® Administrative Assistant; Marilyn Dundas; Marlene Cain; Myra Battenfeld; Judy Ehmke; Wayne Johansen; Tom Helfter; Wanda Domeier; and Jerry Crawford

Middle - Stephanie McCabe, Senior Outreach Specialist; Jo Cattrysse; Marilyn Dundas; Joyce Borneke, JoAnn Tuvey; Sally Webster; Char Frankenberry; Pat Kruger; Mary Mortier; Lucy Paquin; Roger Elmquist; and Sarah Reiman, Volunteer Coordinator

Front - Susan Chen; Sylvan Struck; Bev Johnson; Jodi Weller; Sister Rita Schwalbe; Jerry Engstrom; and Henry Kress

Not Pictured - Cindy Chadwick, Cherry Jeske, Boyd Kramer, Dave Lamson, Michelle Malakowsky, Gloria Pudewell, and Clifford Vrieze

Medicare Reminder

Extra Help or Low Income Subsidy (LIS)

Extra Help is available for beneficiaries with limited income and assets through the Social Security Administration (SSA) to help pay for their prescription medication costs. Qualified beneficiaries receive help in paying their premiums, deductibles, co-payments and co-insurance. There is Full and Partial Extra Help available. If you qualify for Partial Extra Help, you will pay a lower premium for your Medicare Part D plan, have a smaller deductible, lower co-payments for your prescriptions and no "donut hole". If you qualify for Full Extra Help, you will not have a premium if you enroll in a "benchmark plan". You will not have a deductible and your co-payments will not be more than \$3.50 for generic prescriptions and \$6.60 for brand-name prescriptions that are on your plan's formulary.

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Your Calendar

August 14: 10am - 2pm Waseca - Booth at Senior & Caregiver Expo

August 14: 4pm - 6pm Waseca - Welcome to Medicare Class

August 14: 10am - 4pm Morton - Booth at Lower Sioux Health and Wellness Fair

August 15: 12pm - 6:30pm Marshall - Booth at Veterans Expo

August 21: 4pm - 6pm Fairmont - Welcome to Medicare Class

August 27: 9am - 9pm MnRAAA at MN Board on Aging booth at the State Fair

August 28: 1pm - 3pm Lakefield - Welcome to Medicare Class

September 19: 2pm - 4pm St. Peter - booth at St. Peter Senior Expo

September 25: 10am - 3pm Willmar - Volunteer Quarterly Training, Rice Memorial Hospital

October 7: 9am - 1pm Mankato - Volunteer Quarterly Training

October 9: 4pm - 6pm St. Peter - "What's New in Medicare for 2014" Presentation

October 15 - December 7, 2013: Medicare Open Enrollment Period

For more information on these events, please contact Sarah at 1-800-333-2433 ext. 82026.

Medicare Reminder Cont.

Your subsidy status should be documented in the pharmacy's system. However, in some instances your status may be incorrectly documented and your pharmacist may not know that you have Extra Help. If you do have Extra Help, you can use what is called "Best Available Evidence". Examples of "Best Available Evidence" may include:

- Your Medical Assistance card
- Your Medicare Savings Program award letter
- Your Extra Help award letter

<http://www.minnesotahelp.info>

Council of Local Organizations for Volunteer Enhancement (CLOVE) Award



MNRAAA Volunteer Coordinator, Sarah Reiman, presents the CLOVE Hands in Action Award to Marilyn Dundas. This annual award recognizes outstanding volunteers within a CLOVE member organization.

Marilyn has been a volunteer with MNRAAA as a Senior Linkage Line[®] volunteer since 2007.

Before retirement, Marilyn worked with Medicare and health insurance billing at the Mankato Clinic. The knowledge she brings with her has enabled her to assist numerous older adults.

Marilyn staffs a monthly health insurance counseling site at Old Main Village, and additional sites during open enrollment.

Congratulations and thank you!



Little Known Facts About Medicare

Medicare Part A

- If you are not eligible for premium-free and have to buy Part A, you must also buy Part B. You can buy Part B without buying Part A.
- If you get Part A premium-free you won't have to pay a penalty if you decide to enroll after you first become eligible.
- If you are not eligible for premium-free Part A and you don't get it when you are first eligible, you will have a penalty: 10% for twice the number of years you were eligible, but did not sign up.

“Act as if what you do makes a difference. It does.”

- William James

Stay Connected:



www.mnraaa.org