

Northeast Missouri Community Health ADVOCATES



Medicare Prescription Enrollment Re-opens

New *Medicare Part D* (prescription drug program) enrollments are being taken between November 15 and December 31, 2006, with coverage to begin January 1, 2007. Enrollment is encouraged prior to December 8th to ensure coverage is available when needed. Individuals who do not sign up when first becoming eligible will be charged a penalty upon enrollment. The next opportunity to enroll will be November 15 thru December 31, 2007. All Medicare participants are eligible regardless of income, resources, health status, or current prescription expenses.

Those currently participating in the program should re-evaluate their health plan to ensure needed medications will be covered in 2007. Any changes will need to be made during the November 15 – December 31 sign-up period. The following agencies provide assistance with the program:

Medicare CLAIM 1-800-633-4227 or visit www.medicare.gov
R.S.V.P. 1-800-390-3330
 1-660-665-8314

Northeast Missouri Area Agency on Aging 1-800-644-6338 or 660-665-4682 (serving Adair, Knox, Clark, Lewis, Macon, Schuyler, Scotland and Shelby counties)

Green Hills Area Agency on Aging 1-888-844-5626 (serving Sullivan, Putnam and Linn counties)

Financial assistance may be available to cover the cost of premiums for those with limited incomes and resources. A Limited Income Subsidy (LIS) is provided by the Social Security Administration (SSA). Applications or information is available by calling SSA at 1-800-772-1213 (TTY 1-800-325-0778) or visiting www.socialsecurity.gov. Anyone who has applied and been denied may reapply if financial circumstances have changed.

Other financial assistance may be available through the Missouri RX Program (MoRx). MoRx pays for one-half of the deductible, one-half of all co-pays, and one-half of the coverage gap. Income limitations do apply. MoRx enrollment begins November 1, 2006. Look for the MoRx one-page application at the following locations: Pharmacies, Area Agencies on Aging, County Health Departments and Public Libraries. For more information on MoRx call 800-375-1406 or visit <http://dss.missouri.gov/dms/pharmacy/morx.htm>.

Transportation Assistance Available

CareLink provides transportation throughout the eleven-county service region. To schedule rides contact the CareLink Referral Coordinator at 660-665-3455 or 877-539-2227.

Kirk-Tran transports residents within a 15-mile radius of downtown Kirksville, regardless of age or income, Monday through Friday 6 am to 6 pm. A route is also available throughout Kirksville. A small fee applies to all services. For reservations and more information on schedules, call 660-665-8404 or 1-877-666-5475.

Additional transportation services are available through OATS (800-654-6287) or Logistics (Medicaid transportation, 866-269-5927).



CareLink

CareLink - Linking Communities to Services

117 N. Potter Avenue
 Kirksville, MO 63501
 660-665-3455 or
 877-539-2227 toll-free

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Remember to Support your Local Food Pantry

The Central Missouri Food Bank (www.centralmofoodbank.org) provides free food to 142 non-profit hunger relief agencies in 33 counties of central and northeast Missouri. These agencies in turn serve people living at or below the poverty level and/or who are at greatest risk of hunger -- including working poor families, low-income and abused children in special programs, senior citizens, the disabled, the homeless, and victims of domestic violence.

Adair -

c/o Harold Osborn (660-665-3624)
1412 E. McPherson
Kirksville, MO 63501

Clark -

c/o James Baker (660-727-8040)
Rt. 1, Box 50
Kahoka, MO 63445

Knox -

Knox County Food Pantry
c/o United Methodist Church
P.O. Box 278
Edina, MO 63537
(660-397-2322)

Lewis -

First Baptist Church
c/o Nina Porter (573-288-3030)
407 N. Sixth
Canton, MO 63435

Canton Christian Church
512 College Street
Canton, MO 63435
(573-288-3018)

Linn -

Brookfield Ministries (660-258-7719)
c/o Trinity United Methodist Church
300 W. Main
Brookfield, MO 64628

Linn Co. Food Pantry
c/o Linda Alexander (660-895-5426)
P.O. Box 71, Pershing Dr.
Laclede, MO 64651

Marceline Community Food Pantry
c/o Margaret Epperson
32920 Laser Drive
Marceline, MO 64658
(660-376-3591)

Macon -

LaPlata Christian Ministry
c/o Stephanie Allen (660-332-7008)
214 N. Owensby
LaPlata, MO 63549

First Christian Church
c/o Lucille Long (660-385-4267)
806 E. Briggs Drive
Macon, MO 63552

Putnam -

Green Hills Community Action
Agency (660-947-2471)
P.O. Box 222
Unionville, MO 63565

Schuyler -

Ministerial Alliance
c/o Judy Hart (660-949-2499)
30451 St. Hwy. A
Greentop, MO 63546

Scotland -

Scotland Co. Ministerial Alliance
c/o Rev. Troy Barrett (660-465-2060)
First Baptist Church
Rt. 3
Memphis, MO 63555

Shelby -

Shelby Co. Health Department
c/o Audrey Gough (573-633-2353)
700 E. Main, P.O. Box 240
Shelbyville, MO 63469

Sullivan -

c/o Janice DeRyke (660-265-3071)
19154 Hwy. OO
Milan, MO 63556

Just Say No to the Winter 10!

How many times have you heard people say "I always gain weight in the winter, but then I take it right back off in the summer"? As it turns out, research shows that mid-westerners are gaining weight over the winter, but not losing any in summer. Year after year, we are packing on 10 pounds a year! Unfortunately, this all starts with the holiday season. So how do you win the battle of the bulge? Arm yourself with the tools you need to prevent the *Winter 10*. If you guessed carrot and celery sticks for swords, romaine lettuce leaves for a shield, and fruit for the battering ram...you are correct! Follow a few simple rules to slice through the holidays, healthy, joyful, and guilt-free!

First, don't go to a party hungry. Always eat before you attend a gathering. Even an apple and a little peanut butter will reduce those hunger pangs and make all the rich, high calorie food look less appealing. Always detour to the fruit and vegetable trays early during the party. Fill up on these healthier choices first. Then go to the dessert table. Try a little bit of everything and walk away satisfied without the guilt!

Secondly, take a few extra minutes to plan your meals. Most active people are busy all year around, however, the holidays really add chaos to an otherwise busy schedule. Take a few quiet minutes Saturday morning to reflect on the upcoming week. Look for days that will sabotage your goal of making healthy food choices. Make sure you have salad prepared, chili in the crock pot, or soup and meat for quick, low-fat grilled sandwiches.

Lastly, include physical activity as a part of your holiday celebration! After the double or triple portions of holiday turkey and pie, rest about 20-30 minutes, then take friends or family members on a walk. You will be surprised how the time together enriches the joy of the holiday without leaving you feeling as stuffed as the turkey! If the weather allows, take the grandkids, nieces, nephews, or kids out in the yard for a frisbee toss or a game of hide-and-seek! You will never miss the extra calories you burn!

Remember, the holidays are a time to reflect on the joys of our lives. Family, friends, good food, and the abundance of God's blessings. Feed your body well by choosing fruits, vegetables and whole grains first. Try the rich, high calorie foods, but watch the portions, and include physical activity as a part of your celebration. Have a healthy and blessed holiday season.

~Sarah Eber, RD, LD, CDE