

# Community Health ADVOCATES



*A note from NMRHN Executive Director Glenna Daniels Young... During these hard economic times it is even more important that we share information on available resources with others in the community. We truly appreciate the work you do in an effort to help others!*

## NMRHN Prescription Drug Assistance Program (NMRHN PDAP)

The NMRHN PDAP staff continues to assist in alleviating the plight of an ever-increasing number of patients who cannot afford prescription medication.

The primary requirements to be approved for enrollment in these programs are:

- The applicant has no insurance coverage for outpatient prescription drugs or does not qualify for government-funded programs with prescription benefits (such as Medicaid).
- The applicant's income is at a level that causes a hardship when the patient is required to purchase the medication at retail cost.

To be accepted into these programs, the applicant's gross yearly income must fall within the limits established by the applicable company, which vary among pharmaceutical manufacturers. The total gross yearly household income (for all wage earners living in the home) includes salaries, social security, disability or veteran's benefits; pensions; alimony or child support payments; and interest earned on savings accounts, certificates of deposit, or individual retirement accounts.

NMRHN PDAP staff will conduct a free screening to help determine eligibility. To be assisted with enrollment forms a yearly, non-refundable household membership fee of \$15 is charged, plus a \$7.50 processing fee for each medication requested (3 or 6 months supply).

Family Size	Free Meds 200%	Generic Meds 250%	Discount Card 300%
1	\$21,660	\$27,075	\$32,490
2	\$29,140	\$36,425	\$43,710
3	\$36,620	\$45,775	\$54,930
4	\$44,100	\$55,125	\$66,150
5	\$51,580	\$64,475	\$77,270
Over 5 add per child	\$ 7,480	\$ 9,350	\$11,220

*Normal income requirements for the various programs (based on percentages of the federal poverty guidelines)*



**CareLink**

**Northeast Missouri Rural Health Network  
CareLink - Linking Communities to Services**

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

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## Local Food Pantries

### Adair -

Christian Community Food Depot  
Kirksville  
Harold Osborn 660-665-3624  
Glenn Archer 660-665-3583

Salvation Army Food Bank  
1004 W. Gardner St., Kirksville  
660-665-7885

Kirksville Church of the Nazarene  
LOVE Pantry, Inc.  
2302 N. Lincoln, Kirksville  
660-665-6862

### Clark -

Contact James Baker  
Kahoka  
660-727-8040

### Knox -

Knox County Food Cupboard  
107 Second Street, Edina  
660-397-2322

### Lewis -

First Baptist Church  
407 N. Sixth, Canton  
Nina Porter 573-288-3030

Canton Christian Church  
512 College Street, Canton  
573-288-3018

### Linn -

Brookfield Ministries  
Trinity United Methodist Church  
300 W. Main, Brookfield  
660-258-7719

Marceline Community Food Pantry  
Margaret Epperson  
32920 Laser Drive, Marceline  
660-376-3591

### Macon -

LaPlata Christian Ministry  
Stephanie Allen  
214 N. Owensby, LaPlata  
660-332-7008 or 660-342-2158

Macon County Ministries Food Pantry  
109 N. Rollins Street, Macon  
660-385-4267

### Putnam -

Green Hills Community Action  
Agency  
Unionville  
660-947-2471

### Schuyler -

Ministerial Alliance  
Judy Hart  
30451 St. Hwy. A, Greentop  
660-949-2499

### Scotland -

Scotland Co. Ministerial Alliance  
First Baptist Church, Memphis  
660-465-2060

### Shelby -

Greg Linberger  
Shelbyville  
573-633-2431  
Amie Sneed  
345 N. Main St., Bethel  
660-284-6548

### Sullivan -

Milan Interfaith Food Pantry  
Janice DeRyke  
Courthouse Basement, Milan  
660-265-3071

Please let us know if you are aware of other food pantries in these counties!



## CareLink

**CareLink** provides **FREE transportation** to health care and social service appointments throughout the eleven-county service region. Call the CareLink Referral Coordinator to schedule rides in advance.

Through information sharing and referral, **CareLink** can help Clients locate a number of health, mental health, dental, and social service assistance points. The staff are continually updating the online **CareLink Resource Directory** located at [www.nmrhn.org/carelink/resource\\_directory](http://www.nmrhn.org/carelink/resource_directory). If you hear of new resources in your community, please call **CareLink** and we will add the listings.

**660-665-3455 or  
877-539-2227 toll-free**

## DID YOU KNOW THAT...

The **CareLink Program** has provided more than 6,911 referrals to link residents to the care they need, and 3,448 free, round-trip transportation encounters since January 2005.

The **NMRHN Prescription Drug Assistance Program** has ordered 10,225 medications for 770 patients with an estimated value of more than \$2.9 million since June 2005.

During that time, 344 patients have received 870 medications through the **Emergency Medication Needs Fund**.

And, since November 2007 the **Better Self-Management of Diabetes Program** has provided services to 221 patients through twenty-three series of trainings in ten counties and care coordination services. The staff is working with 19 clinics and 11 health departments to incorporate the American Diabetes Association seven-question risk assessment with the office visit questionnaire to allow early detection and intervention.

# Spring into Action

*A little exercise goes a long way in helping us feel better! Walk, stretch, or join an exercise program!*

## Water Exercise Classes

**Kirkville** - Aquatics Center

660-627-1224

**LaPlata** - Depot Inn & Suites

660-332-4669

**Macon** - Long Branch YMCA

660-385-1818

## Arthritis Foundation Exercise Classes

**Adair County-**

Thompson Campus Center and

St. Andrews Apartments

660-626-2049

**Lewis County-**

Ewing Senior Center

573-209-3631

LaGrange Senior Center

660-462-3412

**Linn County-**

Trinity Fellowship Center

Brookfield

660-258-7002

**Shelby County-**

Senior Citizens Association

573-588-7669

**Sullivan County-**

Sullivan County Memorial Hospital

660-265-4212

## Other Exercise Opportunities

**Edina Methodist Church**

**Novelty Community Center**

## Exercise Facilities

**Adair County YMCA**

1708 S. Jamison, Kirksville

**Kirkville Parks & Recreation**

801 E. Mill, Kirksville

**Mind and Body Health & Fitness Center**

112 W. 2nd, Milan

**Northeast Regional Health & Fitness Center**

Junction Highways 63 South & 6 East, Kirksville



Do you know what your  
medications are for?

Do you know when to take them?

Flip the page and learn the  
important questions to ask!

## **Are you diabetic or know someone who is?**

FREE help is available. The **Better Self-Management of Diabetes** staff includes a registered dietitian/certified diabetes educator and registered nurse/care coordinator to assist you in learning to manage the condition. Free classes being offered include: an overview of diabetes, nutrition, exercise, self-care exams, preventative care and coping.

**Call today!!!**

**660-665-0330 or toll free 877-539-2227**

***Let us help you have a longer and better quality of life!!!***



Nothing — not age, income, employment status, educational level, and racial or ethnic group — affects health status more than literacy skills.

That's why clear communication between patients and health care providers is critical.

Good communication =  
Healthy patients  
Start with Ask Me 3.

***Good questions for your good health -***  
Every time you talk with a doctor, nurse, or pharmacist use the Ask Me 3 questions to better understand your health...

1. What is my problem?
2. What do I need to do?
3. Why is it important for me to do this?

### ***When to Ask?***

You can ask questions when:

- You see your doctor, nurse or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

### ***Who Needs to Ask?***

- Everyone wants help with health information.
- Asking questions helps you understand how to stay well or to get better.
- You don't need to feel rushed or embarrassed if you don't understand something.
- You can ask your doctor, nurse, or pharmacist as many times as you need to.
- You are not alone if you find things confusing at times.

### ***What if I Ask and Still Don't Understand?***

- Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- You might say, "This is new to me. Will you please explain that to me one more time?"

### ***Who Wants to Answer?***

Are you nervous to ask your doctor, nurse, or pharmacist questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- All you can about your condition.
- Why this is important for your health.
- Steps to take to keep your condition under control.

### ***Tips for Clear Health Communication***

Here are a few tips you can try:

- I will ask the 3 questions.
- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor or nurse.
- I will bring a list of all my medicines when I visit my doctor or nurse.
- I will ask my pharmacist for help when I have questions about my medicines.

### ***Asking these questions can help me:***

Take care of my health...Prepare for medical tests...Take my medicines the right way