

NEWS FROM SHINE: January/February 2022

What if I missed the Medicare Open Enrollment Period? Can I still make a change to my 2022 coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Changes that can be made during this period include switching to:

- a different MA plan with drug coverage;
- a different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other news:

For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed, outside of Open Enrollment.

Those with Prescription Advantage can do this only once each year.

Those with "Extra Help" can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2022 monthly Part B premium will be \$170.10. You will also be eligible for Extra Help from Social Security mentioned above to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

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|------------|-----------------------------|------------------|
| Individual | Gross Income: \$1,888/month | Assets: \$15,940 |
| Couple | Gross Income: \$2,396/month | Assets: \$23,920 |

Statistics worth noting as of December 29

Record number of SNAP Applications...27

Record number of End of Life paperwork to be witnessed and notarized....11

Chemotherapy and dialysis transportation...32

Transportation to doctors last minute...17

Assistance in signing up seniors for Booster shots...48

There were 12 Thanksgiving "meals" for seniors in need. A Sutton resident used our donated turkey and fixings to make a hot home delivered Thanksgiving meal on Thanksgiving! They prefer to remain anonymous! 28 Thanksgiving meals were distributed from the Food Pantry to families in need.

There were 8 Christmas dinners for seniors in need. 4 seniors were given hot homemade meals on Christmas day. There were 28 Christmas meals distributed from the Food Pantry.

Christmas gifts were distributed to our seniors in need in Sutton. They consisted of socks, slippers/shoes, thermal underwear, hats, gloves, bedding and small amount gift cards to CVS.

Our toy drive for area kids was by far the most successful.

6 family members from other states continually call and need assistance for their family members.

As usual, our staff spent 3 weekends in November and 3 weekends in December assisting families and seniors in need.

Thanks to bankHometown once again for providing heating assistance to those in need. If you or anyone in need of assistance please have them contact Director Michelle Edelstein or Outreach Clarke Alderman at 508-234-0703. We will gather information for eligibility.

OUR HOURS OF OPERATION ARE
8am to 3pm
MONDAY, TUESDAY, WEDNESDAY
THURSDAY and FRIDAY
The Senior Center will be CLOSED
when Sutton Schools are CLOSED for
inclement weather.

With the increase in COVID numbers, programming may change.

Private office hours are available with the Director every Monday 11am to Noon. Please feel free to call me to make an appointment. I am offering this time in hopes that folks can feel more comfortable in bringing their concerns/comments to me directly

January 2022

G E Z D Q Q T I K I O P O S S U M C G R R
 E D B V F E N X R A N L H N D G O A T E X
 R G H J L E U I N G I I A Y L X P D T A L
 B H W D P Y R I W A F E M W X N H S L G G
 I J N D E D H R U W V C S R L V B L J O I
 L K M K I C M Q E P W T T U A O I F D L W
 H P N A R C A T K T F Y E V L H F N B D T
 F O D U R T Q G I H U U R D C R D D N F S
 M K A Z M I F K U W O T D N N D O E Y I A
 Q E W Y E D N D S I S R I I J Q K C V S L
 S O Q S D W I E M U N H S P S C W J S H A
 C E O W E G Q Y S F C E F E I T M P N Q M
 W O O D C H U C K P R W A H R A T I A A A
 G R Y X L H U T J B O U C P H B F G K W N
 H T A G S H E E P B A N I R I S A E E A D
 M F F B A J L P S B M B G T P G N O E Z E
 O R R Z B V I A K G V I O E F G B N D K R
 U O B W O I M W O P H L K O P L V V B Z S
 S G M C W H T D T U R T L E N I Y Q V M D
 E N M Z R R N L I Z A R D O W E G Z Q W T
 A R M A D I L L O J M G X G A B D C J F M

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|------------|------------|---------------|------------|
| armadillo | fruit fly | lobster | rat |
| baboon | gerbil | marine sponge | salamander |
| cat | goat | monkey | sea urchin |
| chicken | goldfish | mouse | sheep |
| chinchilla | goose | opossum | snake |
| cow | guinea pig | pig | turtle |
| dog | hamster | pigeon | woodchuck |
| ferret | horse | quail | |
| frog | lizard | rabbit | |

January 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 3 CLOSED | 4 10am Darts 1:30 Cardio Barre | 5 10am Muscular Strength 12:30pm Gentle Mat Yoga | 6 9am Tai Chi 9am Computer Assistance 10am Pitch | 7 9:30am Power Walk 9:30am I'm Sorry 1pm Bingo |
| 10 10am BP Clinic 10am Chair Yoga | 11 10am Darts 1:30pm Cardio Barre | 12 10am Muscular Strength 12:30pm Gentle Mat Yoga | 13 9am Tai Chi 9am Computer Assistance 10am Pitch | 14 9:30am Power Walk 9:30am I'm Sorry 1pm Bingo |
| 17 CLOSED | 18 10am Darts 1:30pm Cardio Barre | 19 10am Muscular Strength 12:30pm Gentle Mat Yoga | 20 9am Tai Chi 9am Computer Assistance 10am Pitch | 21 9:30am Power Walk 9:30am I'm Sorry 1pm Bingo |
| 24 10am BP Clinic 10am Chair Yoga | 25 10am Darts 1:30pm Cardio Barre | 26 10am Muscular Strength 12:30pm Gentle Mat Yoga | 27 9am Tai Chi 9am Computer Assistance 10am Pitch | 28 9:30am Power Walk 9:30am I'm Sorry 1pm Bingo |
| 31 10am BP Clinic 10am Chair Yoga | | | | |

