



October Happenings

NEXT MEETING

Friday October 21, 2022

11:30AM University Inn Best Western+

SHIBA (State Health Insurance Benefits)

We will also have Attorney **Aaron Reopke** present information about legal options for Health Care.

Menu:

\$15 if you wish to have lunch

If you are a chapter member and the calling tree misses you, phone Carolyn Strong at 208-875-1689 by noon Tues Oct. 18th.

Reservations **MUST** be made for noon lunch.

Alert...If you make a reservation and do not show, you may be billed \$15

ALSO you may attend and not have lunch.

Learn More about Medicare Sign Up Options

AND

Durable Power of Attorney for Health Care

Please Attend Our Latah AARP Friday, October 21 Meeting.

SHIBA (State Health Insurance Benefits Agency) Will present information about changing your Health Insurance. The annual 'sign up' period begins soon. What options are available? What can you add or change? And, How do you do it? We expect Representatives from SHIBA will attend to provide information and answer questions.

We will also have Attorney **Aaron Reopke** present information about legal options for Health Care. Do You know what a Durable Power of Attorney for Health Care is? What it will (won't) do? Where/How can you get one? This important information and documentation about this area of concern should be part of your planning and options.

Come to learn and ask questions.

Louise Regelin
Chapter President

Seniors Are Active, Seniors Belong

There are many opportunities for Seniors to become active in our communities. Even our small, rural communities (Potlatch, Troy, Deary, Juliaetta, Genesee, Kendrick, Bovill) have many options. Have you explored those options?

In addition, Moscow has a plethora of opportunities - - Yes, Opportunities! Have you considered Friendly Neighbors (at the 1912 Center), Gritman Hospital Auxilliary, UIRA (Univ. of Idaho Retirees Assn), REAI (Retired Educators Assn of ID), Food Banks, Habitat for Humanity, Political Parties, Environmental organizations, Church organizations, and the list goes on. IF you have Not taken advantage of these opportunities (and others), Why Not? You may Need the opportunity to be involved and they may need your time, energy, and expertise. Think About It - - Do Something! !



Hill House Opens in Moscow

Moscow now has another option for people needing a special kind of health care. Hill House on Mountain View opened over a month ago. It is 'A Quiet Community Home for Seniors' and provides 'memory care'. It's another example of the expanding 'choices' available for 'health care' of many kinds in our Community. There are several other 'medical options' now

available or to become available on the Palouse. Please educate yourself and your family about them if they might be useful or necessary to you or a friend or family member.

Covid Has Not Gone Away And, Flu Season is Here

Are you still washing your hands frequently? If not, please start again. Feel free to wear a mask when you 'go out'. Avoid crowd scenes. Have you had your annual Flu Shot AND your Covid Booster? If Not, why not? These are two components of health care that are going to be with us for the foreseeable future. Take Steps Now. Yes, people who have had their shots and boosters May get Covid or Flu. But, the 'up side' is that their cases are normally less severe and recovery occurs sooner. This is evidenced by both the lower numbers of cases AND the almost non-existent deaths from Covid in our area in recent months. Think About It! Talk with Your Doctor or Medical Care Provider. Make it part of your annual 'wellness exam'.

VOTE - - On or before November 8

Are You registered to Vote? If not, why not? It's so easy - - please call the Clerk's Elections office in the Courthouse (208-883-2249) to determine IF you Are Registered? AND, if Not registered (or incorrect information), how can you 'fix' the situation. It's easy, IF you make the effort. Ballots are currently available and you can request an absentee ballot. You may then 'vote' and return your ballot

before November 8 by mail or 'drop off' in the box in the Latah County Courthouse Parking Lot. You may also vote 'in person' at the Courthouse Before November 8. All elections are important and 2022 may be very important. We have office holders who are Not running for re-election; most races are contested; and (due to the 2021 Census & Reapportionment) our Legislative District has changed from 5 to 6 and now includes all of Latah & Lewis County & parts of Nez Perce County.



Need Another Candidate Forum? Latah County Offices?

The Moscow Chamber of Commerce is 'hosting' a candidate forum at the UIBW on Wednesday, October 19 - - 11:30 to 1:00. It will feature the County Offices. If you are interested in attending, it is open to the public. If you wish to have lunch, please call the Chamber at 208-882-1800 Before Noon, Friday, October 14. The offices include two Commissioners, Treasurer, Clerk, Assessor and Coroner. Lunch is Not necessary.

Open Enrollment Starts November 1 - - Medicare & Social Security

There have been reports that might affect Your Situation: First, they are projecting an almost 10% increase in Your Social Security Benefit. Second, due to a new law, it's anticipated our Medicare premium will decrease \$12(?) in January. For the 'average' Social

Security recipient, this could amount to a \$115 to \$150 increase in your Social Security 'take home pay'.

In addition, Please review your health coverage options. Do you want to stay in Medicare? Or? Do you have a Part D plan? If Not, Why Not? If you Do, Please review. Are You in a Medicare Advantage Plan? If So, Why? If Not, Why? **Do consider All Your Options.** Is the Coverage You Have the Coverage You Need? What has (has Not) changed during 2022?

Have You received Your **Medicare & You 2023 Book?** If You have Not, It should be here soon. If You have, pay attention to **pages 127a, b & c.** They list numerous Drug Plans & providers available in Idaho. Have you talked with Your current providers? Have you consulted any other providers? Why? Why Not? Your Medical Coverage should be like your taxes - - You Review Your situation Every Year, Explore Your Options & Current Situation, and Analyze your current costs and any changes in your budget/income.

Do You Still Need Life Insurance? Or, Should You Obtain Some (more?)? Should you 'give away' some dollars or property? (Ask Your Lawyer, Accountant or Estate Planner) There can be 'tax advantages' to 'giving'. One example, did you know if you 'give' \$1,000 to the Latah County Library, you can 'earn' a \$500 tax credit on your Idaho Income tax return? For a couple, you can 'give' \$2,000 to the University of Idaho (or other eligible entity) and get a \$1,000 Idaho income tax credit. (Of course, you can spread it around, give \$100 to 20 places IF they meet the criteria.)

Navigating Elder Care: Near & Far - - October 19

Moscow League of Women Voters is presenting Dr. Julia Parker speaking about “*Navigating Elder Care: Near & Far*” on Wednesday, October 19, at Noon at the 1912 Center. Parker has experience in developing options for learning about & choosing elder care options. There are resources to deal with and personalize care. You may involve loved ones and discuss wants & needs. Also, what Senior Support Options are available on the Palouse? These are decisions and circumstances many of us have (or will) face and the information is valuable. The meeting is open to the public and no reservation or cost is involved.



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Interested in Serving Your
Local AARP Chapter?

Your Latah AARP Chapter is looking for people who are interested in serving on the Chapter Board or as Officers.

If you are interested in serving or wish to nominate someone, please contact President Louise at 208-882-2789 or by email at regelinl@genesee-id.com

If you have newsletter information you feel our local AARP Chapter members would be interested in, please email it to Rhonda Comstock at comstock@moscow.com