

June Medicare Share, by your AmeriCorps CLAIM counselor- Kori Ross

As caregivers, you take special attention to ensure your loved ones' needs are met. You make sure he or she gets their meals, necessary medications, supplies, transportation, and the list go on. Last month we discussed about the importance of taking care of ourselves as caregivers, making sure you go in to get preventive services. This month, we are going to discuss caregivers also taking the medications you have been prescribed for your health ailments to keep you functioning properly.

So, as a mother raises her children, would most of us say it is typical of most mothers to neglect their own needs while tending to the needs of their family? Yes, that would be correct in most circumstances. Caregivers later in life are not that much different. You can get so busy and wrapped up in the Caregiving of others that you may put off your own needs, requirements, and wants. This can be a health hazard for you. I completely understand prescription coverage and cost is not as good as we would like it, but we are stuck with what we have.

Here are the options: Option 1 - Win the lottery! Option 2 – If you are a Medicare beneficiary, call a Medicare Counselor for assistance with your prescription plan! You might be shocked at how we can lower your medication cost.

If you are asking yourself how can I accomplish one of these options, then the answer to option 1 is: Buy a lottery ticket and cross your fingers! You may not get immediate results with that one though. ☺

For option 2, you can either call, or stop by the Shepherd Center of Kansas City Central and ask to speak to a Medicare Counselor. There are two locations, 5200 Oak St. (816-444-1121) and 3501 Campbell St. (816-753-7093). The Oak St location has walk-in hours for Medicare counseling from 9:00-noon Mondays-Fridays. If you do not live close to the Kansas City area, you can call the SHIP CLAIM office at 1-800-390-3330 to have a Medicare counselor near your zip code call to assist you. I personally look forward to assisting all of you who would like to call, or come visit me to let me help you save money on your medications to keep you continuing in what you do best!

That is our Medicare Share!

Thanks, Kori.