

New Medicare Cards, Delay the Disease, Parkinson's Symposium, Strengthening the Workforce, AU Meeting, Kids in College, ALL Abilities Camp

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## Southeastern Ohio Center for Independent Living **Communication Pulse...**

**your lifeline to disability news and resources**

*Issue 12, April 2018*

### **New Design for Medicare Cards**

The Centers for Medicaid and Medicare Services (CMS) announced that redesigned cards will be issued to all Medicare recipients starting in April of 2018 in phases by geographic location. In Ohio this will occur after June of 2018.

The change in card design is so individuals' Social Security numbers can be replaced by new "Medicare Beneficiary Identifier (MBI)" - a unique, randomly assigned series of numbers and upper-case letters for each card holder. The move away from placing Social Security numbers on Medicare cards is intended to combat fraud and identity theft. The new MBI won't change your Medicare benefits. All current Medicare cards will be replaced by April 2019. There will also be a 21-month period in which physicians, healthcare providers, and suppliers will be able to access an individual's Medicare information using either their Social Security number or the identifier found on the newly issued card.

Medicare recipients are urged to destroy their old Medicare cards as soon as they receive the new one.

Along with the new Medicare card, letters will be sent out in braille and large print to anyone who CMS identifies as needing this information in an alternative format. You can call 1-800-MEDICARE (1-800-633-4227) to let them know that you would like to have this material in braille or large print.

**COMING  
IN 2018!**

**New  
Medicare  
cards with  
new  
numbers.**

**Delay the Disease** – The #1 Parkinson's Exercise program, is being offered at the Robert K. Fox Family YMCA instructed by Anita Morehart,

Wellness Director. These 1 hour classes are held twice a week Tuesday and Thursday (1:00-2:00 pm) for 12 weeks. Classes are offered to both members and non-members using equipment provided by Southeastern Ohio Center for Independent Living (SOCIL). Contact SOCIL or the YMCA to find out how this fitness program can optimize your physical function and help delay the progression of Parkinson's symptoms.

Contact Anita Morehart at the YMCA at 740-654-0616 ext. 248 to participate. Spouses and support systems are welcome.

## 2nd Annual Ohio Health - Parkinson's Symposium Saturday, May 19th - Space is limited

[Click Here for Details](#)

### Strengthening the Workforce

In 2015, of the 300 million people in the U.S., 63 million were over 65 years of age, and seven million were still working. By 2024 the Bureau of Labor Statistics estimates 24.8 percent of the work force will be made up of older workers (or workers over 55 years). Extended careers, second careers, longer life expectancy, and financial issues are all contributing factors to this influx of older workers.

Employers should respect the aging workforce for their specific skills and capabilities. They should capitalize on the talents and value of employees that are aging while identifying reasonable accommodations for some of their aging limitations. [CLICK here for full article.](#)



### April AU Meeting Service Project

Wednesday, April 18th

3:00 pm to 4:30 pm



**Location: Southeastern Ohio Center for Independent Living**

**1369 East Front Street, Logan, Ohio 43138**

**To register call: Jordy Stringer at 740-380-1475**

## Kids in College - Ohio University Lancaster

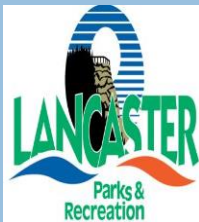
June 11-15, June 18-22, June 25-29

SOCIL will again be assisting students with disabilities to attend Kids in College. If you or someone you know will be in the 4th-9th grades and are interested in expanding your educational horizons, complete the scholarship application posted on our website [www.socil.org](http://www.socil.org) on the "news" page.



**Limited Scholarship Funds Available - Apply Early!**

**Deadline to apply is Friday, May 11th.**



## All Abilities Camp

A day camp for children 6-14 years old of all abilities. Join the camp staff for nature classes, games, crafts, zany songs, outdoor activities, and much more.

**Tuesday - Thursday, June 12th -14th ~ 9am - 3pm**

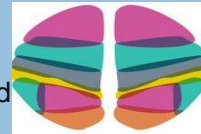
Camp sizes are limited. Early Bird discount by May 15th!

**For more information: Lancaster Parks & Recreation ~ [alleyparkoe@yahoo.com](mailto:alleyparkoe@yahoo.com) or 740-681-5025**

## APP Corner

**MindMate** is the perfect app for those with Alzheimer's or some other dementia. It has reminder tools, games to help increase users' cognitive abilities, advice about exercise and nutrition, and information about dementia. It works well for those who suffer from dementia as well as those who care for someone who does. The goal is to help keep people independent for as long as possible and to have fun doing it. The Tools section has a photo timeline tool; reminders for when to do daily chores like take pills, brush teeth, and eat; list-making applications; and more. There are eight different fun and interactive brain games.

**Device:** iPad **Cost:** Free



**THANK YOU to those who have registered your Kroger card!**

Did you know that just by doing your regular grocery shopping at **Kroger** you could **help SOCIL earn funds** to conduct activities, such as Adaptive Sports, Kids In College Scholarships, peer support groups, and more? By registering your Kroger card in the **Kroger Community Rewards program**, each time you shop and scan your card, SOCIL will receive a percentage of your purchase amount. [Click here for easy instructions on how to register your Kroger card.](#) Ask your family and friends to assist us too! **Thank you!**





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