

ON THE ROAD WITH NEVADA

Nevada MAP

New Years 2024

HAPPY NEW YEAR!



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Thank you to our MAP Team Leadership at AHN, Dignity Health, NyECC, and Roseman for contributing articles!

This newsletter is for MAP Team Members only and not for public dissemination.

Autumn has fallen by the wayside, and now it's time to spring in to the New Year! I hope your holidays were filled with loved ones and good times following a productive Open Enrollment!

January — National Blood Donor Month, National Birth Defects Prevention Month

February — American Heart Month, National Cancer Prevention Month

March — National Developmental Disabilities Awareness Month, National Endometriosis Awareness Month

[preventive services \(medicare.gov\)](https://www.medicare.gov/preventive-services)



Medicare Advantage Open Enrollment Period

The Medicare Advantage Open Enrollment Period starts January 1 and ends March 31 every year. During this period, you can switch Medicare Advantage plans or leave a Medicare Advantage plan and return to Original Medicare.

Whether you recently enrolled or have had your Medicare Advantage plan for years, you can take this opportunity to confirm - or change - your plan choice. Think about your experiences using your plan and review your plan benefits. How does your plan stack up in the following areas?

- Your doctor and other providers are in the plan network.
- Your prescription drugs are on the plan formulary.
- You are comfortable with your costs, including premiums, deductibles, copays, and coinsurance.
- You have the additional coverage that you want for things like dental, vision, and hearing care.

If you decide to make a change, you have from January 1 - March 31 to do it. You can explore other plan options. Your new plan benefits will be in effect for the rest of the year the month after the changes were made!



January

- 9 Jemaima Tagayuna
- 10 Angel Quezada
- 20 Maureen Rutherford
- 21 Maira Villanueva
- 31 Vincent Newland
- 31 Jaeanne Rose Landaker

February

- 1 Rogena Watkins
- 2 Ashley Hamlin
- 10 Hilda Goodman
- 20 Crystal Dineley
- 25 Gloria Romeo
- 29 Mireya Ulloa

March

- 12 Christian Valencia
- 13 Michael Gamino
- 15 Matteline Becker



WHAT'S NEW WITH MEDICARE IN 2024

- Part A premium has decreased to \$505 a month for those who do not qualify for a free premium
- Part B premium is increasing from \$164.90 to \$174.70
- Under the new drug law, Medicare Part D plan members whose prescription costs are so high that they enter the catastrophic phase of coverage will not have any more out-of-pocket costs for the rest of the year once they and their plan have spent \$8,000 on their medications
- New drug law in affect to expand eligibility for Extra Help—income threshold increased to 150 percent of the federal poverty level (\$21,870 per individual)
- Beginning Jan. 1, licensed marriage and family therapists as well as mental health counselors, will be able to enroll in the Medicare program so they can be paid for treating Medicare enrollees, expanding eligibility for these important services



HAPPENINGS

AHN MAP completed yet another successful Open Enrollment! We are happy to announce that our MAP counselors assisted over 1560 Medicare beneficiaries in 2023. MAP also traveled to each of our 13 counties at least once a month, resulting in over 100 enrollment events and 18 presentations. MAP also scheduled regular appointments at the Carson City Senior Center and walks at Washoe Senior Center weekly. The AHN offices in Reno

and Elko also assisted 68 walks along with scheduled appointments.

AHN MAP is excited for the upcoming year. AHN MAP is focused on creating new partnerships within the community and expanding our bi-monthly MAP meetings to organizations in the community that provide resources to beneficiaries. Our vision for 2024 is to reconstruct our bi-monthly meetings to not only provide updated Medicare information,

but also community updates and resources that counselors can use to further assist beneficiaries. MAP is contacting different organizations to provide Medicare 101 presentations for their soon-to-be retirees, such as school districts, postal offices etc. AHN MAP is looking forward to 2024! We're hoping it's our best year yet!



Jack Minshew & Linda Anglin at Teglia Park Health Fair

ACTS OF HUMANKINDNESS AWARDS

Starting top left (clockwise) - Maria Reid, Sandy Sullivan, Mary Ann Kelly, Rogena Watkins, De Salazar



FRAUD IN THE NEWS

Genetic testing is an interesting concept. Just one swab, and you can learn about you and your family's history in a few short weeks. Unfortunately, this technology has brought its fair share of bad actors looking to capitalize.

Recently, a woman in Florida was sentenced to 20 years in prison for illegally signing thousands of orders for medical equipment, including genetic tests. Elizabeth Hernandez played a part in a scam involving telemarketing companies that convinced Medicare patients that they needed these products, including tests that would inform beneficiaries if they had predispositions to cancer or other serious diseases.

The innate curiosity (or fear) of the unknown is a natural part of human life. We often question our own mortality, and these fraudsters are praying on that natural feeling.

That's why it's so important to remember that Medicare will not contact you about any services provided, nor will a doctor that you haven't seen. Just because you're told it may show up as a covered expense doesn't mean that it was necessary, or even legal.

Stay vigilant, and don't forget to keep track of your services received!



'Nothing can dim the light that shines from within.'
-Maya Angelou

We are so grateful for the light within all of MAP's team members!

DIRECTOR'S CORNER

Every new year brings change, but this year, we started early with the departure of Kathy Lopan, who has been promoted after years of service. In her place, we welcome Michelle Killian, who began MAP service on 1/16/24 (see page 7 for more information).

Since Kathy's departure, we've been busy, with each member of the MAP Oversight Team taking on additional tasks. Although it's been a learning experience, I am confident we will continue to thrive.

I truly believe when you have like-minded individuals with a common goal, you can accomplish anything. It'll just take some time and patience, and that's a challenge I'm looking forward to tackling with you in 2024 and beyond.

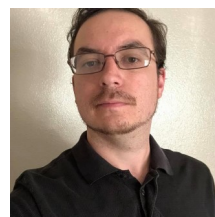
I'm also looking forward to working with Michelle and welcoming her to the Wonderful World of MAP.

As she learns and transitions into her new role, we'll all do our part to imprint the knowledge and skills necessary to support Nevada beneficiaries.

After all, that's how Kathy prepared all of us for the better part of the past 16 years. What better way to carry on her MAP legacy?

Stay warm out there and have a wonderful rest of your season!

Matthew Vinsko,
MAP Director





HAPPENINGS

We are pleased to announce that we've completed another busy and successful annual Open Enrollment period, October 15th – December 7th. Our counselors were able to help hundreds of beneficiaries enroll in new plans and prepare for 2024 !! It makes us so happy when we hear their expressions of gratitude and relief as navigating the Medicare system can be difficult for many.

With that sigh of relief, we were able to enjoy the holidays, eating too many cookies and wearing ugly Christmas sweaters. Now we are into the New Year, and ready to take on any challenges that come our way. From January through the end of March, we will handle the General Enrollment period and an additional Medicare Advantage Open Enrollment. That should keep us busy. Yay!

We have many events planned with the goal of spreading the Medicare word. As usual, we will have Medicare 101 presentations, attend fairs and events, and get information distributed to as many people as possible. Also, we are looking forward to another semester of "MAP Your Way Through Medicare" classes, a 10-week course we offer through the OLLI Program at UNLV. We have been lucky enough to recruit several MAP volunteers from these classes. They find the information they learn so intriguing, they want to be part of the program!



Dignity Health Community Health
Department Christmas Party - MAP
Team



On the MAP!

Congratulations to Lisa, winner of last issue's puzzle!

Want to contribute to the next quarterly newsletter?

Contact

matthen@adsd.nv.gov

Congratulations!

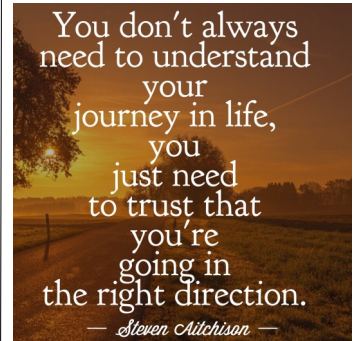


Dr. Catherine "Leiana" Oswald, the College of Pharmacy's Associate Dean of Academic Affairs and Assessment and Associate Professor of Pharmacy Practice, has been awarded the Nevada Pharmacy Alliance 2023 National Alliance of State Pharmacy Associations (NASPA) Excellence in Innovation Award. Dr. Oswald, a staunch supporter of Nevada MAP, has been recognized for demonstrating significant innovation in her practice, method, and service directly resulting in improved patient care and advancement of the profession of pharmacy. Congratulations Dr. Oswald!

TEAM MEMBER HIGHLIGHTS

Christina Reese:

Christina is our newest MAP employee, officially hired Nov. 13th. Christina found her way to MAP through her internship from UNLV School of Healthcare Administration. She graduated with her Bachelor's in Healthcare Administration on December 17th and celebrated with a fabulous cruise around the Caribbean. Christina has a 9-year-old son and she enjoys being the soccer mom to his team. She loves to volunteer and donates her time to Immunize Nevada. She has many, many interests including hiking, baking, gardening, and photography. We are very lucky to have Christina on our team.



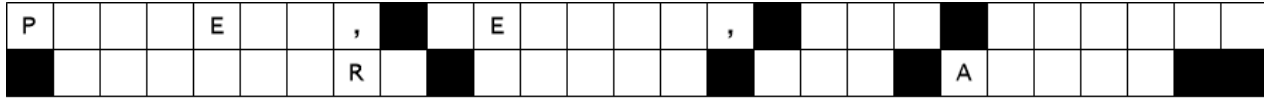
ROSEMAN UNIVERSITY OF HEALTH SCIENCES HAPPENINGS

Our Roseman MAP Team had a busy fall season! In addition to fielding the usual calls, November held our annual Health Fair at Lutheran Social Services where our students in the American Society of Consultant Pharmacists organized student groups, MAP among them, to provide health services and information to community members in difficult circumstances. Clothing and food was provided along with MAP resources, and Wayne and Teresa provided on-site MAP counseling as well.

Later in November, as a group, we participated in Roseman's Neighborhood Health Series where we gave a lively presentation of the ABC's of Medicare. We had fun role-playing some typical calls that we encounter and provided explanations and insight to the attendees on the kinds of things MAP counselors can answer. That evening, we shared that we hit the milestone of \$2.4 million that we have saved Nevada beneficiaries since our inception in 2016.

We're preparing for our next training of pharmacy students and community members on February 3-4th, and look forward to continuing the good work we do!





R E D C T R A U D N D B U S O
M O T I C A E D F T E C T A A N D R E P E R T

Try to rebuild the message.

The letters from each missing cell are below the puzzle, but not necessarily in the order that they're used.

Attempt to complete the puzzle to find an important message!



Upcoming Events

SOUTHERN NEVADA

Medicare 101's at Las Vegas Clark County Library 1401 E. Flamingo Rd. LV NV 89119
Feb. 13 2:00 pm

Medicare 101 at Green Valley Women's Care Center 2651 Paseo Verde Parkway Ste. 180 Henderson, NV 89074
Jan. 9 2:00 pm
March 12 2:00 pm

NORTHERN NEVADA

January 23 – Reno Senior Engaged Fair 1-3 pm Neil Road Recreation Center, 3925 Neil Road, Reno NV

February 21 & February 22 – MAP Level 2 Training Day 1 & 2 – Virtual Meeting

March 9th – Elko Health Fair 700 Moran Way, Elko NV

Welcoming Michelle Killian

Hi! My name is Michelle. I started state service in 2013 as an AAI for ASD – Nevada Early Intervention Services where I provided clerical support for Case Managers and the Genetics/Craniofacial Clinic.

In December of 2014, I promoted to AAI/AAII for ASD – Nevada Senior Medicare Patrol. As the AAI for the SMP Program, I was tasked with researching to find and register for exhibits. I would keep track of what was scheduled and who would be manning the event for which program. I worked closely with SMP, SHIP, and Extra Help volunteers making sure that supplies and paperwork were organized for pick up. After each event, it was my responsibility to make sure that all supplies were returned and that accurate data was entered into SMART FACTS to record volunteer hours and each individual event.

My most recent position as an AAI for ASD – Community Based Care Quality Assurance team required me to process provider billing, prepare paperwork for site reviews of Providers, Review Serious Occurrence Reports, and complete Participant Experience Surveys with Waiver Recipients.

I was born and raised in Las Vegas and enjoy cooking, spending time with my husband and dogs, and being able to FaceTime with each of my children. How did parents cope when kids moved away before FaceTime? Thankfully, I never had to experience that!

I look forward to meeting my new team and starting a new chapter in my State Service Story.



Help us reach our target Performance Measures!

Be sure to log your contacts, group outreach, and activities!



ADSD / MAP

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[Nevada Care Connection |
Adult & Caregiver Support
Services](http://NevadaCareConnection.org)

Nevadacareconnection.org

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NEW YEAR'S HEALTH TIPS

1. **Pick a month for medical maintenance**— Here's a tip for sticking to a schedule for routine medical care: Schedule your annual physical and other exams during your birthday month. That will make it easier to build an annual habit and remember the last time you had an exam, mammogram, eye appointment, hearing test or dental cleaning.
2. **Set a regular bedtime**—Start with the basics. Is your bedroom a haven for sleep? Is the room at the right temperature? Is it dark enough? Is it a peaceful haven or a cluttered mess? Are the mattress, pillows and bedding comfortable?
3. **Notice your sedentary behaviors (and get off the couch)** - Start noticing when you've been sitting for a while, and get up and move. You don't have to go to the gym. Just do housework, take the dog for a walk or do 10 wall push-ups.
4. **Give time to your relationships**—Resolve this year to socialize. Plan a weekly lunch out of the office with a co-worker. Join a book club or other social group. Call a friend for a weekly walk around the park. Having fun with other people is an investment in your long-term health.
5. **Add more variety to your diet**—Make your diet more interesting. Scientists have found that the more diverse your diet, the more diverse your gut microbiome, which is the name for the trillions of microbes that inhabit your intestinal tract and play a crucial role in your health.

Reference— [Checklist for a healthier new year - The Washington Post](#)

**Resources**

- | [Aging & Disability Services \(nv.gov\)](#) Adsd.nv.gov —State of Nevada, Aging and Disability Services
- | [Home - Centers for Medicare & Medicaid Services | CMS](#) CMS.gov—Resources & manuals for Medicare & Medicaid
- | [Nevada Division of Insurance \(nv.gov\)](#) Doi.nv.gov—State of Nevada, Division of Insurance, Medigap information
- | [Medicare.gov: the official U.S. government site for Medicare | Medicare](#) Medicare.gov—Information for people with Medicare, Medicare Plan Finder
- | [NeedyMeds](#) Needymeds.org—Resources for prescription and medical costs
- | [Home | State Health Insurance Assistance Programs \(shiptacenter.org\)](#) Shiptacenter.org—Training & resources for SHIP
- | [Senior Medicare Patrol | SMP | Medicare Fraud Protection \(smpresource.org\)](#) Smpresourcecenter.org - Training & resources for SMP
- | [ACL - Sign On](#) Smpship.acl.org—Access to the STARS & SIRS websites
- | [The United States Social Security Administration \(ssa.gov\)](#) SSA.gov—Social Security website