**From Our Retiring Director...**

They say, “All good things must come to an end”! It is with some sadness, but much excitement and anticipation that I leave RSVP and Colorado. It has been my honor and pleasure to direct our project for the past nine years and two years prior to that as the Volunteer Coordinator and Accounts Manager.

However, it is time for my husband, daughter, and I to explore new possibilities in Washington State near our two sons, daughter-in-law, and grandchildren. We believe many new adventures await us there!

I would encourage you all to keep on doing the great work you do on a daily basis to connect and contribute to this amazing place we live in. I like to say that we are more blessed than all the other seven billion people on the earth! Garfield County is rich with natural resources but mostly with incredible people and community.

RSVP has such amazing volunteers and programs and works with such wonderful agencies. The college has been a great support as have all of you! Personally, I have learned so much and experienced so much personal growth. All I can say is THANK YOU and long live High Country RSVP!

Patty Daniells, Program Director for High Country RSVP is retiring May 31st. Please join us Friday, May 24th at 3pm at the Glenwood CMC Senior Center for a reception to say goodbye. (More details on page 2).
You Are Invited...

A Retirement Reception for

Patty Daniells

Please join us in wishing Patty Daniells well on her retirement following nine years serving as High Country RSVP’s Program Director. Refreshments will be served.

Friday, May 24th 3-5 pm
Glenwood CMC Senior Center

If you would like to make a cash donation toward a group gift for Patty, please deliver it to Mary Moon at High Country RSVP
1402 Blake Avenue
Glenwood Springs, CO 81601
by May 17th
Happy Spring/Summer Birthday RSVP Volunteers!!

**April**
Roza Gallicchio  
Alice Jones  
Rhonda Ardis  
Terence Guerreiro  
Elisabeth Worrell  
John Shivley  
Judy Sappington  
Yulia Serdyukova  
Ferd Meyer  
Twila Stephens  
Walter Perrine  
Robert Prendergast  
Kathryn Snyder  
June Renfro  
Kenneth Bachus  
Betsy Leonard  
Ken Carlson

**May**
Kaaren Peck  
Everett McAlary  
Beverly Reed  
Hilda Sykes  
Carolyn Seiffert  
Susan Ludtke

**June**
Gary Bachus  
Janet West  
Bonnie Daniels  
Trudy Milcan  
Jan Walker  
Joan Isenberg  
Jo Anne Anderson  
Gail Zalutsky  
Richard Smith  
Chuck Bottineau  
Jim Ness  
Mary Jane Hangs  
Barbara Larime  
Patricia Smith  
Ruth Barber  
Bob Campbell  
Penelope Olson  
Cindy Ryman  
Steve West  
June Zacharias  
Cher McAlary

**July**
Virginia Erickson  
Joy Long  
Clarice Moore  
Lee Dudley  
Connie Hollenbeck

**August**
Jeanette Osmon  
Marsha Hutson  
Edward Anderson  
Joyce Jenkins  
John Zacharias  
Jim Brouhard  
J.C. Owen  
Louis LaGiglia  
Della Quintana  
Annie Burchfield  
Jerylene Durnan  
Lavelle Bottineau

Please welcome our newest volunteers!
Jill Crawford  
Rex Crawford  
Bonnie Daniels  
Terence Guerreiro  
Michael Harman  
Mark Howard  
Joy Long  
Sherry Reed  
Judy Sappington  
Yulia Serdyukova  
Stephen Swanson

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**Tax Program By The Numbers…**

8 Volunteers  
463 Tax Clients

Average Age of Client was 60  
RSVP Hosted Tax Days in GWS, Battlement Mesa, Rifle, Eagle & Craig

Average Federal Refund was $872.44. Average State Refund was $199.58  
Thank you to our volunteers!
Bob, Emil, Gail, Louis, Michael, Penelope, Sherry & Yulia
Volunteer Opportunities in Garfield County

**American Red Cross** — we are currently looking for volunteers in the Roaring Fork Valley to help with Volunteer Recruitment, Response On Call volunteers (like our dispatch), Sheltering volunteers and Disaster Action Team members.

**Mountain Valley Developmental Services** — We are seeking volunteers that can play board games, read books, do art, play music, knit. Anyone is welcome to join our programs to do an activity with individuals with intellectual and developmental disabilities.

**Mesa Vista Assisted Living** — We are seeking a volunteer to conduct our art workshop – once a week or twice a month, it’s flexible and can include any kind of art including drawing, painting, etc. Also, we are looking for someone interested in leading a Bible study, once a week or every other week.

**WindWalkers** — We rely heavily on volunteers and we are currently looking for office help. We also have a the need for people to do phone calls throughout the month of May for our Challenge Match fundraiser. We have staff here Monday - Saturday so any of those days are available for volunteers to donate their time. The majority of our volunteers are retired and you are never too old to volunteer as we have one volunteer who is 90!

**C.A.R.E. (Colorado Animal Rescue)** — We are looking for more volunteers for our organization. Opportunities include Dog/Cat TLC (walking, bathing, socializing pets); Dog/Cat care (cleaning kennels, washing dishes); Canine Training Program (teach dogs basic obedience commands—no experience needed; will train!); Foster Care (temporarily care for a pet in your home); Event Helper (assist with adopt-a-thons); Day Hike with a Dog (take a dog on a hike for some exercise and outside stimulation); and Transport (help transport animals to events, pick up donations).

**Glenwood Springs Community Concert Association** — We are looking for a few new volunteers to help with our membership renewal campaign, or to join our board to help with concert selection, preparation and coordination.

**Parachute Visitor’s Center** — We will be up and running the first of May with volunteers greeting and providing information about the region to passing travelers from around the country and the world. We need local volunteers to work a 4 hour shift (9-1 or 1-5) one day a week greeting visitors. It’s a fun way to meet new people and share your knowledge of Western Colorado and beyond.

If you are interested in one of these volunteer opportunities, please contact Mary Moon, RSVP Volunteer Manager at 970-947-8462 or mpmoon@coloradotmn.edu.
Call Mary at 970-947-8462 for More Information

**HomeCare & Hospice of the Valley** — We are looking for motivated, dedicated and compassionate “tuck-in” callers. The purpose of this program is to make weekly calls to our hospice families to check in and ensure they have what they need and are comfortable through the weekend. Training will be provided and a 1-3 hour weekly time commitment is required in our Glenwood Springs office.

**RSVP Medicare/SHIP Assistance Program** — Many people have questions about Medicare. How do I enroll; when can I sign up; what if I am still working; what does Medicare cost; do I need additional coverage; what is a Medicare Savings Program and do I qualify; when can I sign up for Medicare D (prescription drug coverage); and so much more. Join our team of trained Medicare/SHIP counselors and help people get the answers to their questions. All training provided and seasoned counselors available to help you along the way.

**Lift-Up** — We are looking for both English-speaking and bilingual volunteers to help with Extended Table in Glenwood Springs; Meal Monkey (lunches to students in Re-2 school district on Fridays when there is no school); and help at our seven food pantries and two thrift shops.

**Roaring Fork Outdoor Volunteers** — We are looking for volunteers this summer to help with a variety of planned trail projects and are also looking for people to help with volunteer registration, help with distributing marketing materials, and assist in various committees. We have planned projects scheduled Mary—October and would love your help!

**Literacy Outreach** — Volunteer to tutor one of the 36 million adults in the United States who lack basic literacy skills. Anyone who can read this can help. Change a life forever. Become a volunteer tutor today. To learn more about how you can help, please attend one of Literacy Outreach’s upcoming information sessions. This quick meeting will give you an idea of what tutoring (and other volunteer opportunities) look like with us, providing plenty of time for questions. If you can’t make it but are interested, email literacyoutreach@literacyoutreach.org or call our office 970-945-5282. We’ll work around your schedule to find a time to meet!

**Rifle**
Rifle Branch Library, 320 Sopris Avenue
Thursday, May 16, 11:00-12:00 p.m.

**Glenwood Springs**
Literacy Outreach Office, Teo Prinster Learning Center, 1127 School Street
Thursday, May 9, 12:00 p.m.-1:00 p.m.
What’s New for Medicare in 2019

By: The My Medicare Matters Team
December 21, 2018

Medicare changes every year, some of the changes like the expansion of the diabetes prevention program are narrow and impact a subset of Medicare beneficiaries, while other changes like the addition of the Medicare Advantage Open Enrollment Period impact a larger group of Medicare beneficiaries. Regardless of how big or small the change are, as Medicare beneficiary it’s important to stay up-to-date. Here’s what you should expect in 2019.

Increased Medicare costs

There will be various increases across the board for Medicare Parts A and B, including a 3 – 4% increase in Part A premiums, a 2% increase in the Part A deductible and copayments, and a 1% increase in Part B’s deductible and premium.

New Enrollment Periods

2019 will mark the return of an Medicare Advantage Open Enrollment Period (MA OEP) which provides additional opportunities to change your Medicare Advantage plan outside the Annual Election/Open Enrollment Period (October 15 – December 7). The annual Medicare Advantage Open Enrollment Period (MA OEP), which runs from January 1 to March 31 allows anyone enrolled in a Medicare Advantage plan on January 1 the opportunity to change plans.

There is also an individualized Medicare Advantage Open Enrollment Period that’s limited to new Medicare beneficiaries with both Medicare Part A and B. These individuals have a three-month MA OEP to switch plans. Both the individual and the annual Medicare Advantage Open Enrollment Period allow Medicare beneficiaries already enrolled in a Medicare Advantage plan a one-time election or opportunity to either: switch to a different MA plan, OR switch from a Medicare Advantage plan to Original Medicare and a standalone Part D plan.

Enhanced Medicare Advantage Benefits

Medicare’s 2018 Open Enrollment Period marked the beginning of an ongoing changes to Medicare Advantage (MA) plans that include additional supplemental benefits designed to diagnose, treat, or prevent health conditions. In the past, MA supplemental benefits were required to be “primarily health related” and typically related to dental, hearing or vision benefits. Now benefits can range from transportation services, meals deliveries, or even home and bathroom safety devices. These are just a few examples of the services that were added to plans during the open enrollment period. Expect for more MA plans to be offering these services and more in 2019 and beyond.
Opioid prescription limitations

More than 17% of Americans had at least one opioid prescription filled in 2017 and it’s estimated that about 25% of them misused the medication. The opioid epidemic is impacting millions of lives every year, so preventive measures are being put in place on all fronts to reduce the impact. Medicare has joined the fight and created 3 new provisions that help identify and reduce the risk of older adults abusing opioids.

- **Opioid prescription limitations & checks for all Part D enrollees** – requires Part D sponsors to limit initial opioid prescription fills for the treatment of acute pain to no more than a 7-day supply. Part D sponsors must also implement a flag at 90 MME (morphine milligram equivalent) per day, so when a beneficiary’s reaches that limit the pharmacist must consult with the prescriber, document the discussion, and if the prescriber confirms intent, use an override code that specifically states that the prescriber has been consulted.

- **Limitations on Part D enrollees considered “at risk” for prescription drug abuse** – Part D plan sponsors must establish a drug management program for beneficiaries deemed at risk for prescription drug abuse. “At-risk beneficiaries” are identified as those that take a specific dosage of opioids and/or obtain them from multiple prescribers and multiple pharmacies. Plans may utilize a “lock in” provision to limit at-risk beneficiaries’ access to coverage of frequently abused drugs to a selected prescriber(s) and/pharmacy(ies) after case management with the prescribers and beneficiaries.

- **Limitation of the Part D Special Enrollment Period for LIS and dual eligibles** – This rule changes the Special Enrollment Period (SEP) for dual eligibles and Part D Low Income Subsidy (LIS) beneficiaries from monthly to quarterly during the first nine months of the year.

**Part B Step Therapy**

Medicare Advantage plans now have the option of applying step therapy for physician administered and other Part B drugs. Medicare Part B’s step therapy requires enrollees to try one or more similar, lower cost drugs to treat their condition before the plan covers a higher priced medication. Plans requiring step therapy must offer drug management care coordination programs. Incentives such as gift cards may be offered to encourage participation in beneficiary engagement programs.

<table>
<thead>
<tr>
<th>Service</th>
<th>2018</th>
<th>2019</th>
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<tbody>
<tr>
<td><strong>Part A premium</strong></td>
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<td>$437</td>
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11th Annual Caregiver Conference

11 June 2019

8:15 AM - 4:00 PM • Glenwood Springs High School
(1521 Grand Avenue, Glenwood Springs)

- Open to all, including family caregivers, spousal caregivers, children caring for their aging parents, volunteers, adult day program staff, non-medical caregivers, dementia caregivers, assisted living staff, counselors, support group members, RNs, LPNs, CNAs, MSWs & more

- Nationally acclaimed and award-winning speakers including: Angelo Fernandez, Megan Carnarius & Kim Mooney

Registration Now Open! RSVP by May 31
2019ColoradoCaregiverConference.eventbrite.com or call 970.665.0041