

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).

High Country RSVP Newsletter

In This Issue:

- Patty's Retirement Reception
- Birthday Celebrations
- Tax Program Update
- New Volunteer Opportunities
- Changes in Medicare
- Caregiver's Conference

High Country RSVP

Serving Garfield County residents since 1973. A sponsored program of CMC since 1978.

Patty Daniells
Program Director
970-947-8461
pdaniells@coloradomtn.edu

Mary Moon
Volunteer Manager
970-947-8462
mpmoon@coloradomtn.edu

- Helping Hands—384-8746
- Medicare Counseling—384-8744
- Senior Navigator—384-8746
- Continuing Ed. Classes—945-7486
- Year Round Tax Issues—384-8740

1402 Blake Avenue Glenwood Springs, CO 81601

www.highcountryrsvp.org

www.facebook.com/highcountryrsvp



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

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

August

Zona Hays
 Cora Pipkins
 Joan Morse
 Judy Gordon
 Dave Devanney
 James Gisburne
 Maria Olivera
 Stephen Swanson
 Alice Brouhard
 Amy Dunkelberg
 Dallas Groves
 Alice Bell
 John Breckenridge
 Merle Brown
 Sandy Yost



**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

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@coloradomtn.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.

Service	2018	2019
Part A premium		
< 7.5 years	\$422	\$437
7.5 - 10 years	\$232	\$240
Hospital deductible	\$1,340	\$1,364
Hospital copayment		
61-90 days	\$ 335	\$341
91-150 days	\$670	\$682
Skilled nursing facility copay	\$167.50	\$170.50
Part B premium	\$134	\$135.50
Part B deductible	\$183	\$185

Source: <https://www.mymedicarematters.org/2018/12/new-medicare-2019/>

SPEAKERS • FREE LUNCH • PAMPERING • VENDORS



11TH ANNUAL
Caregiver
CONFERENCE

11 JUNE
2019

save the date!

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

