



**motion picture  
pioneers  
assistance  
fund**

# SOCIAL SERVICES CORNER

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## LOOKING FOR AFFORDABLE VISION CARE

**Question:** I don't want to cut corners when it comes to my eyesight, but how do I find a reasonably priced eye exam and glasses since Medicare no longer pays for most eye exams?

**Answer:** It surprises many Americans to learn that eye exam and eyeglass coverage under Medicare is extremely limited and that routine eye care is not covered at all. Medicare Part B only covers eye exams annually for people with diabetes or to check for glaucoma and macular degeneration.

This seems unfortunate, and a little ironic, since Medicare is primarily for older people and most older people need glasses at some point. Many Medicare beneficiaries have supplemental plans that will cover some of the cost of exams, glasses and contacts, but not everyone can afford the supplements and the co-pays. Some people need low-cost or free vision care and have no insurance at all.

If you are on a limited income, and you do not have insurance to pay for vision care, there are organizations that can help, including the following:

1) Seniors Eye Care Program provides US citizens over the age of 65 with free annual ophthalmology

care to check for diseases of the eye and to offer treatment for one year. The program does not cover eyeglasses, and some restrictions may apply. For information, call (800) 222-EYES.

2) Lions Club International is a civic organization known worldwide for its efforts to help low-income people gain access to eye exams and glasses. You can find a local phone number in your phone book or visit [www.lionsclubs.org](http://www.lionsclubs.org) to find a local chapter.

3) The National Eye Institute is part of the National Institutes of Health and is a leader in vision research. Their Web site at [www.nei.nih.gov](http://www.nei.nih.gov) can help you find information about eye health and access to vision care, or you can call them at (301) 496-5248.

Check with your state Medicaid office to find out how to qualify for low-income benefits. Also check local universities and medical schools for low-cost and free optometry clinics.

Source: [www.Medicare.gov](http://www.Medicare.gov) or call (800) MED-ICARE.

## JOKE OF THE MONTH

**“To me, old age is always fifteen years older than I am.”**

— Bernard Baruch, *The Mammoth Book of Zingers, Quips and One-Liners*

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

### Go Green!

Receive *Social Services Corner* by email.

Call (888) 994-3863, ext. 2370, or email [info@wrmail.org](mailto:info@wrmail.org).

**Do you or does someone you know need our assistance? Call toll-free (888) 994-3863 or visit [www.wrpioneers.org](http://www.wrpioneers.org) to find out more about our assistance programs.**



The Motion Picture Pioneers Assistance Fund is a program of the Will Rogers Motion Picture Pioneers Foundation.



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**FPO**



## YOU CAN TAKE IT WITH YOU: PORTABLE HEALTH INFORMATION



Patient's rights advocacy and the proliferation of electronic medical records make it easy for you to access your health information on the go. Personal Portable

Health Information (PPHI) gives you more control than ever over your medical records. PPHI is easily stored on a sheet of paper in your car, purse or briefcase, or as a file on your smartphone or computer. Some people carry PPHI on a small USB drive in case they are hospitalized, need emergency medical attention or change doctors. Many Web sites will store your PPHI online, accessible from anywhere in the world. Your health insurer might also offer access to your records online. Just take precautions to keep this information private. PPHI generally includes:

- 1) Directives To Physicians (Living Will, Power of Attorney for Health Care or Advance Health Care Directive) tell doctors your wishes for treatment if you are unable to speak and who is authorized

to make medical decisions on your behalf.

- 2) A list of medications with the names of the drugs, indications for use, dosage and administration, and drug allergies.
- 3) Your health history reports all of your current and previous conditions, including surgeries, immunizations and hospitalizations. It apprises medical staff of information such as a pacemaker, a hard of hearing left ear, or insulin-dependent diabetes. You can carry results of your latest blood tests or X-rays. A portable file can be updated as needed and printed or emailed rapidly.
- 4) POLST (Physicians Order for Life-Sustaining Treatment) is available in 14 states and another 16 states are preparing for its use. It has information for emergency resuscitation, as well as contact information for your doctor and your healthcare decision-maker. The POLST is a doctor's order so it can be acted on quickly. It is valid in a hospital, home, or residence, or wherever you go.

Sources: "New Efforts to Simplify End-of-Life Care Wishes," *Wall Street Journal*, March 15, 2011; Centers for Disease Control and Prevention, (800) CDC-INFO; [www.POLST.org](http://www.POLST.org).

## NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

### **Catholic Charities USA, [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org), (703) 549-1390**

The national office of Catholic Charities USA offers an on-line Career Center at its Web site. Visitors can easily search job postings from 1,700 local Catholic Charities agencies.

### **[www.usajobs.gov](http://www.usajobs.gov)**

This is the official job site of the US Federal Government. This site provides information on special hiring programs. Searching for Federal jobs by agency, occupation, and location is easy with their on-line tools.



### QUOTE OF THE MONTH

“America is a land of opportunity and don't ever forget it.”

— Will Rogers

To view our entire National Resource Directory, please visit [www.wrpioneers.org](http://www.wrpioneers.org).