



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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ARE YOU OLD ENOUGH TO SEE A GERIATRICIAN?

Question: My primary care doctor is a nice guy who has been seeing me since I was 58. Now that I am 72, should I see a geriatrician?

Answer: No disrespect to your doctor, but ageism exists in medical care. Your doctor knows how to care for you individually, but don't assume he knows how to treat the special challenges of aging. Unless your doctor has had training in geriatrics, he may not have the specialized training and knowledge he needs to treat you as you age.

Speaking of age, it is not the number of years that dictates the need for a geriatrician but rather the number of health concerns. Geriatricians are skilled at treating the multiple illnesses, mental changes and physical disabilities that co-occur as we age. Prescribing and managing medications for multiple medical problems is another particular skill set of geriatricians, and one that your primary care doctor may not fully appreciate.

Most older people continue to see their regular primary doctor or internist. At your age, if you are in overall good health, you can continue to see your

primary doctor, but let him know that as you get older, you might ask for a referral to a geriatrician. Often, they are called in as specialists to assist primary doctors. Your first visit with a geriatrician should include not only a thorough medical review but also a history of illnesses and treatments, a functional ability screening and a mental health checkup. Geriatrics is a comprehensive approach to health that's about maintaining what you have while treating what might be wrong.

You can find a geriatrician through the American Geriatrics Society by calling (212) 308-1414 or asking your health insurance provider for a referral. Most large hospital systems and university hospitals have a geriatrics program, as do many VA hospitals. The Will Rogers Motion Picture Pioneers Foundation has a helpful brochure, "What Is Geriatrics?" Request this free brochure by visiting our website at www.wrpioneers.org or call (888) 994-3863 ext. 2370.

Source: "Geriatrics Basic Facts & Information," AGS Foundation for Health and Aging, www.healthinaging.org/aging-and-health-a-to-z/topic:geriatrics.

JOKE OF THE MONTH

Father: Son, do you realize when Lincoln was your age he was already studying hard to be a lawyer?

Son: Right, Pop, and when he was your age, he was already president of the United States!

—Bob Phillips, *The Best of the Good Clean Jokes*

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.

Do you or does someone you know need our assistance? Call toll-free (888) 994-3863 or visit 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.



DIABETES AND YOU



Have you noticed an increase in ads for diabetes supplies, cures, diets and treatment? It's true that diabetes is on the rise—25.8 million children and adults in the United

States have diabetes. It is important for us all to understand this healthcare trend, as it is likely to affect us or someone we know.

There are three main “types” of diabetes: Type 1, when the pancreas does not produce any insulin; Type 2, when the pancreas does not produce enough insulin; and gestational diabetes, which occurs during pregnancy.

Diabetes is a chronic disease that requires management. Type 1 diabetes is treated with insulin injected through a needle or an insulin pump. Type 2 diabetes can be managed with diet, exercise, medication and insulin. To know how much medication or insulin is needed, people with diabetes need to check their

blood sugar several times a day. All this management can get expensive. Blood sugar testing equipment and supplies, medication, and insulin add up! Insurance covers some of it, but people with diabetes have many co-pays and out-of-pocket expenses.

This is driving the new round of advertising. Many of the ads are targeted at older adults, who primarily have Type 2 diabetes—and Medicare coverage. Medicare Part B and Part D cover the cost of diabetes supplies and treatments, so these companies are competing for those Medicare dollars. Most of these products have a co-pay, so question any ad claiming the whole cost is covered by insurance! And while they have you on the line, some companies will try to sell you products and services not covered, preying on your fear of diabetes and its worst-case scenarios.

Remember, diabetes is a manageable disease. For many with Type 2, it is also preventable. And for those with Type 1, science is working hard to find a cure.

Source: American Diabetes Association, www.diabetes.org.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Center for Responsible Gaming, www.ncrg.org, (202) 552-2689

This charity funds research to promote awareness of pathological and youth gambling and to find effective methods for treating a gambling disorder. Publications that encourage responsible gaming and provide the latest news on gambling research and gaming issues are available at its website.

National Resource Center on Domestic Violence (NRCDV), www.nrcdv.org, (800) 537-2238

The NRCDV, supported through funding from the US Department of Health and Human Services, is committed to improving societal and community responses to domestic violence and its prevention. It provides a wide range of free, comprehensive and individualized technical assistance, training and resource materials.

QUOTE OF THE MONTH

“I don't think I ever hurt any man's feelings by my little gags. I know I never willfully did it. When I have to do that to make a living, I will quit.”

—Will Rogers



To view our entire National Resource Directory, please visit www.wrpioneers.org.