



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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NOW SEE HERE: VISION CARE OPTIONS FOR SENIORS

Question: I just turned 65 and I am living on retirement. My vision is still pretty good, but I want to know the options for vision care as I get older.

Answer: Good foresight! Eye exams can reveal heart disease, diabetes and other conditions. Step one is prevention. Always protect your eyes and report problems immediately.

Step two is understanding your health insurance coverage. For Medicare recipients, Part A pays for emergency, inpatient hospital or skilled nursing facility (first 20 days) care. Part B covers up to 80 percent of your outpatient care costs, such as doctor visits, therapy and lab tests. The other 20 percent is paid by your secondary insurance (a Medicare supplemental plan) or by you.

Medicare Part B covers the full cost of glaucoma screening exams if you are in a high-risk group for glaucoma. Medicare does not cover glasses, but this is where your secondary insurance comes in. Check your benefits, also called “evidence of coverage,” to find out which vision care services are offered, by whom and at what price to you. If you have a “Medicare advantage” plan or an HMO, they will have a set co-pay and list of providers that offer

vision care.

If you need financial assistance, the organizations listed below are committed to helping seniors get the eye care they need:

EyeCare America provides exams and up to one year of treatment. Call toll-free at 877-887-6327 or visit www.eyecareamerica.org.

At www.neweyesfortheneedy.org you can apply for a voucher to take to a local provider for new glasses.

The National Eye Institute offers a downloadable brochure with information on how to pay for eye care if you are underinsured or cannot afford it at www.nei.nih.gov/health/financialaid.asp.

The Will Rogers Motion Picture Pioneers Assistance Fund website also has a national resource directory with other vision care options in the “Health” section.

Finally, under healthcare reform, you are entitled to a no-cost wellness visit when you first enroll in Medicare and then annually. These routine checkups are a great time to ask the doctor to shine that little light in your eyes and make sure everything looks right.

Sources: “Aging and Your Eyes,” National Institute on Aging, November 2011. Medicare: www.medicare.gov or 1-800-Medicare.

JOKE OF THE MONTH

For a successful vacation, tourists need to take along half the clothes they planned and twice the money.

—Sam Ewing, *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.

Do you or 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.



FIGHT FATIGUE TO FEEL FIT!



Are you feeling tired, wiped out or exhausted? Anyone can feel this way for a while. But if fatigue has got your energy and motivation down, and it's lasted for a week or more, then it's worth investigating. And don't write it off to aging. Getting old does not mean having no energy to

do what you need to do on a daily basis.

The National Library of Medicine defines fatigue as "weariness or exhaustion from labor, exertion or stress." Even if you are not working at a job, this definition gives clues as to what may be causing your fatigue. Take an inventory of your life at the present time (or if you don't feel up to the task, ask a trusted friend or family member). What is causing you stress? What is depleting your energy? You could have an illness or infection you don't know about. You could still be recovering from a surgery or illness you thought was long over. Are your blood sugar and blood

pressure within normal range? Are you dehydrated? You could also be depressed, anxious or grieving.

Look also at your current eating and sleeping habits. If you are taking long naps during the day (a half-hour or longer), you could be missing valuable nighttime sleep. Ease up on afternoon caffeine and do some relaxation (shut off your brain) before bed. If you are eating a diet full of salt, fat and sugar, you are weighing down your body with empty calories, depriving yourself of fuel you need to be active. Fruit, fiber and whole grains are excellent energy foods that may help put some pep back in your step.

The good news is that if you are reading this article, you are not too fatigued to engage in meaningful activity. Start small by doing chair exercises or stretches. Walk around your home, your block or your neighborhood. Build your activity level slowly and feel your energy increase bit by bit. Tell your doctor about your fatigue. Hopefully you can get past it and get your groove back, at any age.

Source: American Diabetes Association, www.diabetes.org. "Fatigue: More Than Being Tired," National Institute on Aging, January 2012. "Napping: Do's and Don'ts for Healthy Adults," The Mayo Clinic, October 2010.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Association of Senior Move Managers (NASMM), www.nasmm.com, (877) 606-2766

NASMM is a nonprofit, professional association representing senior move managers who specialize in helping older adults downsize and move to a new residence. Members carry liability insurance and provide at least four of the following services: floor plans, sorting, packing, shipment and storage, unpacking, disposal, and move planning and management. Visit the NASMM website to find an association member to help you.

Rentals.com, (888) 501-7368

At this website, renters may search property listings by city, state or nationwide for property details at no cost. Property owners and managers may list on a site that only focuses on advertising rental homes and apartments.



QUOTE OF THE MONTH

“But every one of us write our own history. If it sounds better the way we want it than the way it might have been why that don't stop us any more than an amber light.”

—Will Rogers

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