



MEDICARE NEWS

November 2018 Edition

My goal with this newsletter is to:

1

KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

STAY CONNECTED

I want to make Medicare coverage as simple as possible

858-935-9120

[UCSD Is Coming To Rancho Bernardo!!](#)



On Monday, October 15th, UC San Diego Health will open a new comprehensive health center located at 16950 Via Tazon in Rancho Bernardo. Described as a “Clinic Of The Future,” the new 57,000-square-foot facility will offer patients increased access to a team of top doctors and nurses, as well as an array of convenient services such as urgent care, and advanced imaging, including a pharmacy and optical boutique. The plan is to offer same-day services through easy-to-access clinics, including urgent and express care, so that patients do not have to travel more than 15 minutes in any direction for care.

UC San Diego Health – Rancho Bernardo is designed around the needs of the patient, offering integrated services, such as primary care, women’s health, occupational medicine, and behavioral health.

Beginning January 2019, a team of university specialists will be available at this facility for patients in need of cardiac, orthopedic,

Thanks for Your Referrals!

“We try hard to recognize every referral but if we missed anyone, please let us know.

Just send us a quick email so that we can acknowledge you.

We want all of you to know that it is our privilege to serve you.

The greatest compliment you pay us is the referral of your family and friends.

Thank you!!!”

Birthdays!

November

Steve Heffernan
Susan Dagenais
Buddy Dennis
Kathleen Johnson
Dale Dickinson
Mike Christensen
Marie Jones
Joe Ditler
Greg Vail
Tom Dodd
Tristan Perez
Jim Steinberg

neurologic, gastroenterology, dermatologic, and ear, nose, and throat expertise. Whether patients see providers in Rancho Bernardo or at any of its clinics or hospitals, all care is coordinated through one medical record to assure highly-coordinated safe care.

UC San Diego Health is unique among local health care providers in that it is a nationally-recognized academic medical center. These specialized health systems offer multidisciplinary teams of experts who have access to medical and surgical resources not offered in other settings or networks. Many of the doctors are also researchers at UC San Diego School of Medicine and Moores Cancer Center, where they are developing the newest diagnostic criteria, therapies and treatments for the most challenging patient conditions.

If you would like to know more about what Medicare plans can get you access to the UCSD Medical Group, please call me at 858-935-9120.

2019 Plan Details

Wondering what’s changing with your specific plan? Please take a look below:

UnitedHealthcare Sharp Advantage Plan	2018	2019
• Specialist visit	\$35	\$30
• Over-the-Counter Essentials	\$40/quarter	\$80/quarter
• SilverSneakers gym membership - changes to Renew Active gym membership		

UnitedHealthcare Plan 4 Advantage Plan	2018	2019
• Emergency Room	\$80	\$90
• Over-the-Counter Essentials	\$40/quarter	\$80/quarter

SCAN Scripps Classic Advantage Plan	2018	2019
• Emergency Room	\$80	\$90
• Urgent Care	\$40	\$30
• Transportation	12 one-way trips	24 one-way trips (with a 75-mile limit each way)
• Telehealth(telephonic or video) - \$40 virtual office visit, added in 2019		

Blue Shield 65+ Advantage Plan	2018	2019
• PCP visit	\$5	\$15
• Specialist visit	\$15	\$35
• Emergency Room	\$100	\$90
• Urgent Care	\$20	\$30
• Ambulance	\$175	\$250
• Inpatient Hospital Stay - from \$250/day for days 1-5 to \$295/day for days 1-7		

Steps To Aging Well...

I mean, isn't that the point? Living well and aging well, not necessarily longer (although I'm game for a long life). While maintaining our physical health is important to **healthy aging**, it's also key to valuing the experience and maturity we gain with advancing years. Practicing healthy habits throughout our life is ideal but it's never too late to reap the benefits of taking good care of ourselves!

Here are some areas to add or subtract that are good at any age:

- Staying physically active with regular exercise. We all know this one and have heard it hundreds of times. But many of us still aren't doing much about it. How about adding a new tradition to our day, like taking a walk at sunset with a friend or loved one?
- Stay socially active with friends and family and within your community. This may be easy for some but maybe you've recently moved or your family live out-of-town. Sometimes getting out of the house can be hard. I suggest looking at the local college or continuing education for fun classes. I mean why have we worked so hard for all these years? Now's time for some fun!!
- Eat a healthy, well-balanced diet. Another oldie but goodie! So, here's something I do. Do a Google search for "healthy dinner recipes" and look for ones with high ratings. You will be amazed at the yummy recipes that are out there.
- Don't neglect yourself! Making sure we're staying on top of our regular check-ups with our doctor, dentist, and optometrist...so important!
- Take medications as directed. I know some of us have problems remembering this. Did you know there are services out there to help with this? *DailyCaring* put out this article with all the details on three of them. <https://dailycaring.com/q-a-free-medication-reminder-service/>
- Limit alcohol consumption and cut out smoking. Now don't get mad at me, I'm not your doctor but he or she would tell you the same thing.
- Get the sleep that your body needs by going to bed early and letting your body wake up on its own. Alarms have become so common in our culture, but your body will wake up when it's rested, when given enough sleep.

California... It's a Great Place To Live



Come "Move Your Feet Before You Eat!®" this Thanksgiving at Oceanside's 13th Annual Pacific Marine Credit Union O'side Turkey Trot 10k Run/5K run/**WALK** and **Senior 1 Mile**.

Voted one of America's top trots. Something for everyone: runs, walks, costume contest, largest teams competition, fabulous live entertainment ON the course and finisher medals for **ALL** participants.

Race Date: Thanksgiving Day, November 22, 2018

Location: Oceanside Civic Center—330 N. Coast Highway, Oceanside CA 92054

Make sure to check out their website for times and cost... <http://www.osideturkeytrot.com/>

[Awesome Sausage, Apple and Cranberry Stuffing](#)



If you're looking for a new recipe for your Thanksgiving table, you can't go wrong with this crowd pleaser. With over 2,000 five-star reviews, this recipe packs all the flavor with a couple of healthy surprises. And if you'd like to follow the full step-by-step video on how to create this stuffing (or 'dressing', if you like), see the link at the bottom of the page.

Ingredients

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed white bread
- 1 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 sweet apple, cored & chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

1. Preheat oven to 350 degrees F. Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.
2. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
3. Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey or, if you like, place in a greased 9 x 13 casserole dish and cover with aluminum foil. Bake for 30-40 minutes, removing the foil after 20 minutes.

Tip — Aluminum foil can be used to keep food moist, cook evenly, & make clean-up easier.

Original Recipe and VIDEO can be found at *All Recipes*... <https://www.allrecipes.com/recipe/13651/awesome-sausage-apple-and-cranberry-stuffing/>

[Medicare Made Easy](#)

www.themedicareanswerguy.com

Jim Robeson 858-935-9120 jim@themedicareanswerguy.com