

# THE Senior SCOOP

Presented by  
**RetireSafe**



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## WELCOME

As we continue to age, our body isn't equipped to battle the many health problems it once use to. More and more seniors are receiving an unwelcome diagnosis of cancer. Through a partnership with The National Grange we are pleased to announce a 6 part webinar series entitled "[What to do if you get a cancer diagnosis](#)".

Although this series focuses on cancer, it can serve as a template for any diagnosed condition. We hope this will serve as a tool that you can recommend for others to use.

Mark Gibbons  
President/CEO  
RetireSafe

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## Current Issues and Legislation

**Surprise Billing:** A scary reality for a lot of seniors facing unexpected hospital visits. Actress Susan Sarandon starred in a commercial for Power to the Patients to bring awareness! Check out the press release [here](#) and the link below to watch the commercial.

[Power To the Patient - Commercial](#)

**340B Drug Payment Program:** In October, the Supreme Court will decide on whether the Department of Health and Human Services had the power to cut funding to medicare part B reimbursement in the 340B drug payment program. This funding cut resulted in hospitals losing 30% of what they had been getting reimbursed for, leading to a reduction of medicare/medicaid patients able to be treated.

<https://www.healthcarefinancenews.com>

**H.B.4351 (COLA):** Was introduced to the 117th Congress in order to change the consumer price index to account for those in retirement. Check out this article to learn more about the expected cost of living adjustment in 2021!

<https://www.401kspecialistmag.com>

**US vs Canada Drug Prices:** This [article](#) compares rising drug prices in Canada and the United States. There are many similarities and great differences in how drug prices are calculated in both countries.

This [article](#) explains why or why not the US should or should not purchase drugs from Canada. It also goes through the health care system in Canada and explains why certain drugs are much cheaper in Canada than the United States.

# YOUR SCAMS SURVIVAL GUIDE

By: Marwa, Amanda, Kira, and Kaleigh

**RetireSafe**  
Standing up for America's Seniors!

“Your Scams Survival Guide” Webinar Launch. The lovely interns here at RetireSafe have created a webinar to protect you and your loved ones from financial scams. The webinar is posted on our website. Check it out by clicking the banner above!

## [News, Articles and Education](#)

**Senior Housing:** American Health Plans is partnering with TruHealth, expanding their coverage for a Medicare Advantage plan. This partnership aims to reduce the hospitalization rate for seniors. American Health Plan members' hospitalization rates are at 3.5%, compared to the average of 7% for non-AHP members.

<http://www.seniorhousingnews.com>

**Prescription Drugs Leading to Falls:** In the past two decades, researchers have noticed an increase in elderly taking prescription drugs that can lead to falls. This article discusses data and the importance of speaking with your doctors and pharmacists about the potential side effects. Read [this article](#) to learn more about it! [This article](#) discusses tips for seniors on how to safely take their medications. Use this link to read more about it!



**RetireSafe**  
A Senior Health & Wellness Resource

# SENIOR CHECKLIST

Use this checklist to stay on top of your health!

**Vaccinations**

- A flu shot every year.
- pneumonia vaccines (2 doses)
- One dose of Tdap
- Shingles Vaccine (2 doses)
- Covid-19 Vaccine
- Hepatitis A Vaccine (2 doses)
- Hepatitis B Vaccine (3 doses)

**Screening Tests**

- Yearly Annual Wellness check-up
- Vision Test (every 1 to 2 years)
- Yearly Hearing Test
- Yearly Blood Pressure Test
- Diabetes Test (every 3 years)
- Cholesterol Test (every 4 to 6 years)
- Bone Density Test
- Colorectal Cancer Test (every 10 years)
- Yearly Abdominal Aortic Aneurysm
- Cervical Cancer (every 3 years)
- Mammogram (every 1-3 years)

**At Home Care**

- Eat a healthy diet
- Drink water
- Aerobic exercise (150 min weekly)
- Muscle Strengthening (twice a week)
- Brush/floss teeth
- Do enjoyable hobbies
- Relax!!
- Socialize

**Important Documents**

- Do you have a Will?
- Power of Attorney
- Insurance and medicare card
- Current/past medications
- Family medical history
- List of all doctors
- List of tests/surgeries
- List of immunizations

At RetireSafe, we created this checklist for Seniors to be sure they are staying up to date on their vaccinations, screening tests, at home care, and important documents. Check it out to stay on top of your health!

## National Anti-Boredom Month

July is National Anti-Boredom Month, so check out these [helpful tips](#) to beat boredom for the national month of anti-

