

# American Central Insurance NEWSLETTER



## Medicare, Alzheimer's and Dementia: Facts & Resources

**There are over 5 million people living with Alzheimer's in the U.S. and that number is projected to rise to nearly 14 million by 2050.**

FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months for about half of the individuals who take them, but there is currently no treatment to cure, delay or stop the progression of Alzheimer's.

Alzheimer's disease destroys brain cells, causing memory changes, erratic behavior and loss of body functions, slowly taking away a person's identity, ability to connect with others, think, eat, talk and walk.

People with Alzheimer's or other dementias have twice as many hospital stays per year as other older people, and almost two-thirds of Americans with Alzheimer's are women.

The average per-person Medicare spending for those with Alzheimer's and other dementias is over three times higher than all other older adults. 70 percent of the total lifetime cost of caring for someone with dementia is paid for by families through out of pocket health care expenses, long-term care expenses or by providing unpaid care to their loved ones. 16.1 million Americans provide unpaid care for people with Alzheimer's or other dementia. Here are resources to help if you or a loved one are affected.

### Available Medicare Benefits:

Annual Wellness Cognitive Assessment: [medicare.gov/coverage/preventive-visit-yearly-wellness-exams](http://medicare.gov/coverage/preventive-visit-yearly-wellness-exams)

[medicareinteractive.org/get-answers/medicare-covered-services/preventive-services/annual-wellness-visit](http://medicareinteractive.org/get-answers/medicare-covered-services/preventive-services/annual-wellness-visit)

**Tests or Services Covered:** [medicare.gov/coverage/is-your-test-item-or-service-covered](http://medicare.gov/coverage/is-your-test-item-or-service-covered)

**Long Term Care:** [medicare.gov/what-medicare-covers/what-part-a-covers/what-are-my-other-long-term-care-choices](http://medicare.gov/what-medicare-covers/what-part-a-covers/what-are-my-other-long-term-care-choices)

**Home Healthcare:** [medicare.gov/coverage/home-health-services](http://medicare.gov/coverage/home-health-services)

**State by State Resources:** [medicare.gov/contacts/](http://medicare.gov/contacts/)

**Alzheimer's Association:** [alz.org](http://alz.org)

**National Institute on Aging:** [nia.nih.gov/health/alzheimers](http://nia.nih.gov/health/alzheimers)

**Alzheimer's Caregivers:** [medlineplus.gov/alzheimerscaregivers.html](http://medlineplus.gov/alzheimerscaregivers.html)

**Benefits.gov:** Official government benefits website. Free, confidential tool to help find government benefits you may be eligible to receive. [benefits.gov/](http://benefits.gov/)

**For Veterans & Families:** [va.gov/geriatrics/Alzheimers\\_and\\_Dementia\\_Care.asp](http://va.gov/geriatrics/Alzheimers_and_Dementia_Care.asp)

**VA Caregiver Support:** [caregiver.va.gov/](http://caregiver.va.gov/)

### Want access to your personal health information?

This information can help you make more informed decisions about your healthcare.

Download Medicare's Blue Button to save a file of your health information including Part A, Part B & Part D claims.

Visit [MyMedicare.gov](http://MyMedicare.gov) at: [medicare.gov/manage-your-health/medicares-blue-button-blue-button-20](http://medicare.gov/manage-your-health/medicares-blue-button-blue-button-20) to use the Blue Button today.



## DID YOU KNOW?

There is a stronger flu shot created specifically for people 65 and older.

If you have chronic conditions, the flu can be even more dangerous.

Learn more at:

[cdc.gov/flu/about/disease/65over.htm](https://cdc.gov/flu/about/disease/65over.htm)



## Nitey Night Cookies

Here's a super easy childhood favorite from the 60s & 70s that we still enjoy every year. (They're called Nitey Nights because you put them in a preheated oven then turn it off and leave them overnight. When you wake up in the morning they're ready to serve!) Nitey Nights are also low-fat, low carb and gluten free!

### Ingredients:

3 egg whites (room temperature)  
2/3 cup sugar  
1 cup chocolate chips  
1 cup chopped pecans (optional)

### Prep Time:

10 min | Sets overnight

### Variation:

Add 2 Tablespoons of cocoa powder for a chocolate version.

### Directions:

Preheat oven to 350°

Line 2 baking sheets with waxed paper. Beat egg whites with electric mixer and gradually add in sugar until it forms stiff peaks. Fold in chocolate chips and nuts. Drop by spoonful onto wax paper lined cookie sheets. Put in oven, close oven door and turn off the oven. Don't open the door until morning. Remove the cooled cookies from oven and enjoy!

## NOTABLE DATES

- Dec 7 Annual Medicare Enrollment Closed
- Dec 21 Winter Begins
- Dec 25 Christmas Day
- Jan 1 Happy New Year 2019
- Feb 14 February is Heart Month  
Valentine's Day
- March 10 Daylight Saving Time Begins



## CONTACT US

**Sherri Stewart**

*Licensed Sales Agent*



(866) 549-2247

(217) 599-1202

[sherri@americancentralins.com](mailto:sherri@americancentralins.com)

[www.sherristewart.me](http://www.sherristewart.me)