

# THE Senior SCOOP

Presented by  
**RetireSafe**



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## WELCOME

Have you received your vaccine? What is holding you back? It is important that we get our vaccine, as we get older our immune system needs support.

In addition, don't forget all of your other vaccines as well. The targeting of Medicare Part B is still on the agenda for legislators. We must continue to let our members know that need continued access to medication and services at the doctor's offices. The current proposal harms our members and could be perceived as agism.

Over the next month we will be releasing our next informational webinar. It is a 6 part mini-series that describes what a family should do if a loved one is diagnosed with Cancer. This series details a template that can be used for any medical diagnosis.

I would like to hear from you, if you have any ideas you wish we would discuss just let me know.

Mark Gibbons  
President/CEO  
RetireSafe



# Disparities & Telehealth

The US has been facing health disparities for a long time, and during the COVID-19 pandemic it seems that they have been exacerbated when we see how the Black and Hispanic population have been impacted the most by the novel virus. While we all were under a lockdown, we had to adapt to a new world of technology including doctor's visits. Telehealth has gained more popularity than ever before but unfortunately some communities are experiencing disparities in the service for instance language barriers. This article will explain how the minority population is being affected by health disparities in telehealth.

<https://mhealthintelligence.com/news/social-determinants-of-health-stymied-pandemic-telehealth-use>

The COVID-19 pandemic has opened a path to expand and improve Telehealth service.

Telehealth Modernization Act H.R.1332 - <https://www.congress.gov/bill/117th-congress/house-bill/1332>

"This bill modifies requirements relating to coverage of telehealth services under Medicare. Specifically, the bill extends certain flexibilities that were initially authorized during the public health emergency relating to COVID-19 (i.e., coronavirus disease 2019). Among other things, the bill allows (1) rural health clinics and federally qualified health centers to serve as the distant site (i.e., the location of the health care practitioner); (2) the home of a beneficiary to serve as the originating site (i.e., the location of the beneficiary) for all services (rather than for only certain services); and (3) all types of practitioners to furnish telehealth services, as determined by the Centers for Medicare & Medicaid Service"

## National Lupus Awareness Month

"Lupus is a chronic (long-term) disease that can cause inflammation and pain in any part of your body. It's an autoimmune disease, which means that your immune system — the body system that usually fights infections — attacks healthy tissue instead."

May is national lupus awareness month. Take the Purple pledge to help raise the awareness of it!

[https://support.lupus.org/site/SPageNavigator/purple\\_pledge.html](https://support.lupus.org/site/SPageNavigator/purple_pledge.html)

For more information of what you can do or to learn more about lupus, please check the email below!

<https://www.lupus.org/lupus-awareness-month>



## SCAMS!

The year 2020 and 2021 have been definitely two very interesting years for everyone. We have learned and grown a lot as a society. This pandemic has taught us many lessons and it has open space to grow, as it is mentioned before. However, not everyone faces crisis the same way and some people like to take advantage of others. This is why we brought you the top scams that people can be facing in 2021.

<https://www.aarp.org/money/scams-fraud/info-2021/>

## Coming Soon - 6 Part Series!

**RetireSafe** and **The National Grange** are proud to present “What to Do With a Cancer Diagnosis”. This collaboration is sponsored by **Bristol Myers Squibb**.

The purpose of this series is to prepare medically disenfranchised rural and elderly residents for a cancer diagnosis. This six part webinar series will be featured on both RetireSafe and The National Grange’s websites permanently. After careful consideration, the six parts of the series are “Preparing Ahead”, “Tools”, “Goals”, “Treatment Options”, “Shared Decision Making”, and “Advocacy”. For tools to help with a diagnosis, the selection of treatment options especially in rural areas, how to set patient and family centered goals, and what shared decision making is. Also provided is a medication checklist which can be filled out individually, as well as a patient file checklist which describes all. The first, “Preparing Ahead”, discusses what you can do now, before the process becomes overwhelming. This includes medical history, current medication list, insurance information, and legal documents.

## Happy Mother’s Day!

RetireSafe is happy to celebrate our mothers and grandmothers that have been an important part of our life. They give us the strength everyday to keep going and be a better version of ourselves. Thankfully, some families will be able to gather together this year and celebrate Mother’s Day all together, while others will celebrate it virtually. However you are celebrating, it will make our mothers feel special and loved. Here are some ideas of how to celebrate our mothers and grandmas!

12 ways for Seniors to celebrate Mother’s Day in Assisted Living Community or at Home

<https://www.aegisliving.com/resource-center/how-to-celebrate-mothers-day-for-seniors/>

Meaningful ways to celebrate Mother’s Day

<https://www.bethesdahealth.org/blog/2019/05/07/meaningful-ways-to-celebrate-mothers-day-with-your-senior-mother/>

Celebrate Mom from the distance

<https://www.almanac.com/content/when-is-mothers-day>

## Grange Magazine

The Spring 2021 issue of the National Grange’s quarterly magazine, “Good Day!”, can be accessed free using this code - <https://issuu.com/store/code/SYXV3BR8>. Simply click and set up a free issuu.com account to view the magazine.

RetireSafe President Mark Gibbons has also been featured in the publication before, having a column in the previous issue, Winter 2020-21. You can purchase a digital copy of that edition or subscribe to the digital version of Good Day! using issuu.com or by visiting [grangestore.org](http://grangestore.org) for physical copies or [nationalgrange.org/goodday](http://nationalgrange.org/goodday) for print subscriptions.