



Health at Home by Cooperative Home Care 1-800-HOMECARE (in MO) & 618-466-3227 (in IL) & Cooperative Hospice 314-571-7855

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"Keep your faith in beautiful things;
in the sun when it is hidden,
in the Spring when it is gone."
- Roy R. Gibson

Four Health Care Facts to Know

Understanding the basics of senior healthcare options can help you feel prepared if your needs change.

Here are four common myths and facts:

Myth #1: *if I need help at home, Medicare will pay for it.* **Fact: Medicare pays for home health care, if you qualify, for a time-limited period.** Home health care is comprised of skilled care provided by a licensed clinician to help one regain their previous function level. If you had a planned surgery for which you were hospitalized, you may qualify to receive short term help once you are discharged home. Medicare services are not designed to provide supervision and general help with everyday activities like getting out of bed, showering, or even moving safely around one's home. These services, called Private Duty or Private Services, are funded primarily through self-pay, and some long term care insurance policies. This is a helpful distinction, because you will want to choose a home care company that is licensed to provide both types of services, Medicare home health and Private Services. By doing so, you'll avoid having to research and work with multiple companies if you need home care.

Myth #2: *Medicare and Medicare Advantage Plans are the same.* **Fact: they are not the same.** You may have traditional Medicare, or health insurance benefits as part of a pension plan that offers Medicare Advantage plans (for example). The main takeaway here is, because there are different options, you'll want to choose the right plan for your current needs. You can make changes to your plan choice every year during Medicare Open Enrollment. It is also important to note that if you have a qualifying event, you may revert from an advantage plan to traditional Medicare if it better meets your needs. Learn more at Medicare.gov.

Myth #3: *your doctor or hospital social worker chooses your home care company for you.* **Fact: it is a federal requirement that you are given the opportunity and information to choose a home care provider that is right for you.** The discharging hospital may promote their own home care company and/or leave you feeling overwhelmed to make this big decision when you don't feel like you are capable of doing so. Bottom line: ask for choices and ensure you choose a company that provides both Medicare and Private Services.

Myth #4: *I'm doing fine, I don't need home care.* **Fact: it's not too early to understand the basics so you can make good choices if needed, and help at home can be a proactive and positive resource for you.** For example, having a Private Services nurse pack your medications weekly in a pill organizer, and record a quick wellness check during their visit, is proactive. Whether your goal is proactive care, or you have suddenly declined, **Cooperative Home Care is pleased to help you when you call 1-800-HOMECARE (in MO) or 618-466-3227 (in IL).** We offer both Medicare and Private Services, and our Intake Nurse will answer your call directly, to help you with your specific needs.

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Brain Booster #2: Q: What did one volcano say to the other volcano?

What's in Season?

In February, try broccoli, cauliflower, citrus fruit and squash.

Try this simple, bright and crunchy salad using broccoli, cauliflower, or both:

Broccoli and/or Cauliflower Salad

Ingredients: one head of broccoli and/or one head of cauliflower; 1/4 cup bacon bits; 1/2 cup shredded cheddar cheese; 1/4 cup raisins; 1/4 cup sunflower seeds; 1/4 cup diced red onion; 3/4 cup Miracle Whip; 1/8 cup sugar.

Mix broccoli, cauliflower, bacon, cheese, raisins, seeds and onion together; separately combine Miracle Whip and sugar to make a dressing. Mix the dressing into the salad and chill before serving.

Modifications: cook raw bacon in a skillet and once the bacon is cooked, toss the raw broccoli into the skillet to soften slightly before assembling your salad.

February Birthdays

Rosa Parks, February 4th (1913-2005)

Babe Ruth, February 6th (1895-1948)

Abe Lincoln, February 12th (1809-1865)

George Washington, Feb 22nd (1732-1799)



Cooperative Home Care's 2015 Spare Change Collection for *The United Way's 100 Neediest Cases* FINAL RESULTS:

\$308.55 was collected!

Plus, Cooperative Home Care matched the collected amount (+ 308.55)

GRAND TOTAL = \$617.11

Terrific work!

Brain Booster #1 Answer:

Q: What did the octopus say to his girlfriend when he proposed?

A: Can I have your hand, hand, hand, hand, hand, hand, hand, hand in marriage?

Brain Booster #2 Answer:

Q: What did one volcano say to the other volcano?

A: I LAVA you!