

G.R.E.A.T. NEWS

GeorgiaCares' Regions Educating, Assisting, and Training

Volume 1, Issue 2

December 2004
Happy Holidays!



December Birthdays

Ruby Davis 12th
- Coastal Volunteer
Betty Cooper 29th
- CSRA Volunteer

Inside this issue:

AAA Focus	2
Monthly Inspiration	2
Health Corner	3
Recipe of the Month	3
State Staff	4
Around the State	4



Director's Dose

by: Jennie Deese

Many people do not know Medicare provides coverage for preventive services that help beneficiaries stay healthy. In December, 2003, the Medicare Modernization Act expanded preventive services to cover a "Welcome to Medicare" physical exam, Cardiovascular screening and Diabetes screening. These benefits include counseling, education and referral. Other preventive services that are covered by Medicare are:

- Ø Bone mass Measurement
- Ø Colorectal cancer-screening
- Ø Glaucoma screening
- Ø Mammogram screening
- Ø Pap test and pelvic exams with clinic breast exams
- Ø Prostate cancer screening
- Ø Vaccinations for Flu, Pneumococcal Pneumonia and Hepatitis B

In an effort to expand our outreach to beneficiaries, GeorgiaCares has collaborated with Wellness programs to provide joint educational and health awareness sessions. We are currently developing educational materials that are entitled "Medicare Helps You Take Charge of Your Health" which fits nicely with the materials that have been created for Wellness Programs. Included in our materials, we will be introducing "Meddie Carrie" the GeorgiaCares talking Peach. We hope to have these educational materials ready after the first of the year.

Education and Awareness

December is National Colorectal Cancer Education and Awareness Month

Colorectal cancer — cancer of the colon or rectum — is the second leading cause of cancer-related deaths in the United States for both men and women combined. Despite the fact that it is highly preventable, approximately 146,940 new cases of colorectal cancer will be diagnosed in 2004 and 56,730 people will die from the disease. Approximately 90 percent of colorectal cancers and deaths are thought to be preventable. Regular colorectal cancer screening tests, regular exercise and maintaining a healthy weight are ways to reduce your risk of being diagnosed with colorectal cancer. To understand more about colorectal cancer, visit www.preventcancer.org/colorectal/.

AAA Focus - Georgia Mountains/Legacy Link

The month of December looks to be a busy one for Legacy Link. Leading off on December first is the RSVP Annual Volunteer Appreciation Dinner. Attending will be 350 volunteers from the 13 county service areas of Legacy Link, along with dignitaries from the Hall, Franklin, Lumpkin County Commissions, the Legacy Link Board of Directors, the City of Gainesville Council, the Union City Hospital Authority, Nancy Garry, Program Manager at the Georgia Division of Aging Services, Senior Center Directors, entertainers, and last, but not least, a host of hard working staff employees.

Faye Christopher, Director of Legacy Link GeorgiaCares and Senaida (Sandy) Zavala, bilingual assistant, are busy everyday on the telephone helping seniors with the Medicare Prescription Drug Program. Sandy has been a valuable addition to the staff, not only as an interpreter, but as an advocate for the program in the community. Sandy delivers flyers throughout Hall County, leaving them at nursing homes, community centers, the Good News at Noon Shelter, Health Department, medical clinics and offices, and low income housing units.

The Legacy Shoppe, in Colonial Lakeshore Mall, is increasingly a destination for seniors who need help in finding the Medicare Prescription Drug Card that best meets their needs. The shoppe has experienced a 56% increase in traffic between March and November. Nell Cato and Claire Hamlin are the hostesses, with expert help from volunteers. Nell has taken on additional responsibilities, as she is making presentations at senior centers and community centers, such as the Good Sheppard Catholic Church center for low income individuals in Cumming, Georgia. Sandy will be there as well, making the presentation in Spanish.

While all this activity is progressing, Pat Freeman, Executive Director, will be out and about, as she always is, promoting Legacy Link as the Gateway to Aging Services, and speaking on topics such as "How to Help Older People." During this month, she will visit two churches, St. Gabriels Episcopal and Prince of Peace Catholic Church in Buford.

Outreach! Outreach! Outreach! Legacy Link staff and volunteers are committed to spreading the word about the Medicare Prescription Programs and other services available through the Legacy Link GeorgiaCares Program. Drop by the Legacy Shoppe in Colonial Lakeshore Mall in Gainesville or call (770) 538-2650 or toll free at (800)-845-Link for more information and assistance.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." - Margaret Mead

Monthly Inspiration

Stella Burleson of Legacy Link is our monthly inspiration for December. She is a retired teacher who lives with her husband, Vernie, in Hiawassee. Stella counsels seniors at the Towns County Senior Center one day a week, helping them fill out applications for the Medicare Approved Prescription Drug Discount cards and low cost/no-cost prescription drug programs. Once the applications are complete, she takes them to the local physicians' offices for approval and helps prepare them for mailing to the drug manufacturers. She plans, organizes and publicizes education presentations and speaks to the community about the benefits of GeorgiaCares. Stella has appeared on the local TV Station to broadcast our program. In addition, she has recruited volunteers to help her in Towns and Union Counties for outreach. Stella is an energetic, capable, caring person who goes the extra mile for our clients and our program and we are proud to call Stella Burleson our Star Volunteer and a friend to many in the Georgia Mountains region.



Health Corner—Partnership for Prescription Assistance

More than 1.2 million Georgians – 17 percent of our state’s population – lack health insurance and simply do not have the money to pay for the medicines they need.

However, what many uninsured consumers don’t know is that there are more than 250 programs to help them get the medicines they need for free or for nearly free. The Partnership for

Prescription Assistance brings together America’s pharmaceutical companies, doctors, patient advocacy organizations and civic groups to help match patients and consumers to the prescription assistance program that is right for them.

The patient assistance programs available through the Partnership for Prescription Assistance offer prescription medicines to treat a broad range of illnesses and conditions, including, but not limited to, asthma, diabetes, hypertension, cancer, HIV/AIDS, depression, seizures, heart disease, arthritis, skin conditions, thyroid disease and high cholesterol.

Though each patient assistance program has its own eligibility criteria, the Partnership for Prescription Assistance encourages anyone who does not have prescription drug coverage and has trouble affording their medicines to call **1-888-4PPA-NOW** or log on to **www.pparx.org** to learn more about what programs they might qualify for.

GeorgiaCares is proud to be a part of this effort. Helping the uninsured is a top priority for us, and we will continue to advocate for those in need. Continue to encourage those who are interested in learning more about and taking part in the Partnership for Prescription Assistance program. Let them know GeorgiaCares can help and we are pleased to be a partner in the effort to bring free or nearly free prescriptions to those in need.



**Partnership for
Prescription Assistance**

Recipe of the Month - Banana Bran Muffins

In honor of National Colorectal Cancer Education and Awareness Month, eat more **FIBER, WHEAT, and BRAN!**

INGREDIENTS:

- 1/2 cup butter, softened
- 1/2 cup brown sugar
- 3 bananas, mashed
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1/2 cup wheat bran
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt

Recipe yields 12 muffins

DIRECTIONS:

Preheat oven to 375 degrees F (190 degrees C). Grease a muffin pan or line with paper muffin liners.


In a large mixing bowl, cream butter and brown sugar together until fluffy. Add bananas, milk, vanilla and eggs; mix well. Stir in flour, bran, baking powder, soda and salt; blend just until moistened. Stir in walnuts. Pour batter into prepared muffin cups.

Bake at 375 degrees F for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Cool in the cups for 5 minutes, then remove muffins and place on a wire rack to cool completely.



**“Let us eat and drink, for tomorrow we diet.”
- Wendy Morgan**





GeorgiaCares
Department of Human Resources
Division of Aging Services
2 Peachtree Street, NW 9th Floor
Atlanta, GA 30303
Phone: 404-657-5334
Fax: 404-657-1727



1-800-669-8387



Director, Jennie Deese

Program Consultant, Kristen Barge

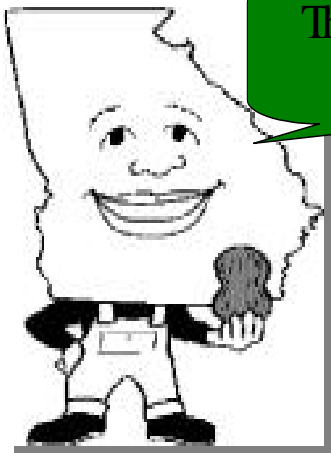
Program Consultant, Patsy McDoodle

SHIP Coordinator, Vicki Mikels

SMP Coordinator, Erika Lawson



Around the State



This is what is going on
around Georgia!

December 1: Services 2 Seniors Planning Session at WSB-TV

December 7: Pearl Harbor Remembrance Day

December 8: Hanukkah

December 17: Coordinator's Meeting at Macon RDC

December 21: Winter Begins

December 25: Christmas

December 26: Kwanzaa Begins