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Medicare Open Enrollment Options • November 1, 2016 • Issue #961

Fearless Caregiver Profile

Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.

APRIL SHELTON

How did you become the caregiver for your loved one?

My mother was in a horrible accident and I helped take care of her.

What is the hardest thing about being a caregiver and the most rewarding thing?

Hardest thing is seeing the elderly mistreated and the best thing is that I have the opportunity to brighten their day when they feel unwanted and alone. ...

[more](#)

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FEATURED ARTICLE

Maximize Cost Savings During Medicare Open Enrollment

By Rose Pavlakos PharmD and Stuart Beatty PharmD, BCACP, CDE

Last October, Phil Wilson, a 68 year old man with Medicare, went to his doctor's office for a visit. During the visit, he was approached by a pharmacist working with his doctor that asked if he wanted help selecting a Medicare Part D Prescription Drug Plan (PDP) for 2017. The pharmacist explained that Medicare offers enrollment into plans every fall for the upcoming year to help pay for prescription medications. At the time of his visit, he had recently been diagnosed with cancer and was having difficulty affording his new medications.

[...more](#)

GUEST ARTICLE

Changing Hands

By Ingrid Hekman Fournier

She's awake." I say to my husband as we watch TV in the living room. He's in one Lazy Boy. I'm in the other.

"Do you want me to go this time?" he asks sincerely.

"No. I got it," I respond as I snap the foot rest closed and stand from the comfort of the chair. I check in on her and then pass through the living room and into the kitchen.. [...more](#)

CARETIPS

Understanding Balance Problems

Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor. [...more](#)

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CARENOTES

From Gina in California:

I am a caregiver with my husband, David, taking care of my 92 year old mother for over 10 years. About seven years ago, she was diagnosed as incompetent and my niece was named her Trustee. Currently I take care of my mother approximately 525 hours plus a month. My niece and I had an agreement that I would get one weekend a month to go and see my sons. Now she want me to pay for her care during this time off. This is causing me a lot of stress and I don't know what to do or if I do have any rights at all. She has threatened to kick me out several times and keeps increasing my responsibilities.

There is one thing that really bothers me. My niece says she can do whatever she wants and no one can do anything about it. Is this statement true? I ask this because there are other issues that are going on that should be addressed. I have heard about community meditation. Is this something that could help me? I would appreciate any and all help you can give me. Thank you in advance for your assistance. [...more](#)

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