

5 Tips for Avoiding Medicare Fraud and Abuse continued...

To avoid these issues, get unbiased advice from a resource you can trust. My Medicare Matter's Medicare Questionnaire, created by the non-profit National Council on Aging (NCOA), is a free, brief assessment that can help you compare plans online. It can also connect you to free professional advice from licensed Medicare advisers who has passed NCOA's rigorous consumer protection standards, known as the Standards of Excellence.

Another excellent resource is your local State Health Insurance Assistance Program (SHIP). SHIPs provide free, federally-funded Medicare counseling through a trained staff member or volunteer. To schedule an appointment with one of their counselors, visit their [website](#) or call their toll-free national number at 1-877-839-2675.

4. Never sign a Medicare form without thorough examination.

In addition to the dangers of fraud or misleading advice, some disreputable insurance agents may try sending out release forms that allow them to make decisions on your behalf. Never sign anything Medicare-related without reading through it first—and always get a friend, family member, or lawyer to review it as well.

5. When in doubt, call Medicare.

If anything ever seems suspicious or uncomfortable, don't hesitate to contact Medicare. They are there to help! You can visit Medicare.gov or contact them toll-free at 1-800-MEDICARE with any questions or concerns you may have.

Sacramento County Voter Registration

If you want to update your voter information, you can re-register online or give them a call and they will mail a registration form to you. Call 800-762-8019 or online at www.registertovote.ca.gov

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
Saturday & Sunday 9:00am-5:00pm
Office 916-929-3966 Fax 916-929-3627
Tonya/Activities Office 916-929-6003
Van/Transportation Cell 916-468-3091
After Hours Cell 916-468-3092
Dining Room 916-921-5998
Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-429-2744
Yellow Cab 916-444-2222
Beauty Salon Jane Ma 916-223-9658
Wednesday-Saturday
Clean Touch Dry Cleaning 916-366-6666
Pick-up & drop-off Monday & Thursday

Renaissance Society

The Renaissance Society returns this month for their Spring Symposiums.

On February 13th, Mike Storey will discuss Ancient Ireland. Evidence for human habitation of Ireland goes back to the Stone Age. What happened there before the English arrived?

Animals and Mankind presented by Ed Sherman will be on the 27th. What explains the ancient origins of the close relationship between mankind and animals? How did they become food, labor and companions to the people of ancient Eurasia?

Renaissance will be back two times in March on the 12th and 26th and again in April on the 16th and 30th. Watch your calendar for the topics.

Remember, we open the gates to our parking lot on Renaissance dates to support the overflow of visitors. If you're out and about and return to a full parking lot, you'll know why. Make a note on those dates so there's no surprises to you upon returning.

CAMPUS COMMONS

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Shawn Asberry, Karen Schaefer,
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Christine's Comments

This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth's movement around the sun. Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun.

The San Francisco 49ers and the Kansas City Chiefs will battle it out in Super Bowl LIV. Watch the game with Tonya on Sunday, February 2nd starting at 3pm in the Cabaret Lounge and have a ball!

You'll note on the calendar that we have a trip planned to Arden Fair Mall on Monday, February 10th. This is for those that would like to spend more time at the mall than we do on the Friday shopping trips. If you'd like to go, know that we leave here at 10am and return by 2pm. That's 4 hours for you to shop, have lunch and do whatever you'd like. Some may feel this is a better alternative than just the nearly 90 minutes we plan on Fridays. We'll add the Arden Fair Mall trips every other month on Mondays.

New recycling containers for cans and bottles (tall blue ones) have been placed in the 2nd and 3rd floor waste rooms by apartments 234/334 and 214/314. Please make sure your cans/bottles are emptied and rinsed out before putting in the new bins.

The non-emergency phone number for the Sacramento Police Department has been and will always be listed on the back of the newsletter under important numbers. A good idea is to cut these numbers out and place them by your phone. If you have a cell phone, add it to your contacts.

One more holiday this month: President's Holiday on Monday, February 17th. Please look for your housekeeping notices the week before. Once again, thank you so much for being patient during our holiday season with adjusted schedules. It's hard to imagine we've had 5 holidays in 12 weeks!

Tonya's Activity Corner

Sia has opened up Friday's retail shopping to new stores. She is alternating Arden Fair Mall, Town & Country Village, and Howe 'Bout Arden with more shops to choose from. Please take advantage of these stores, or walk around for exercise. Watch your calendars and sign up as soon as possible.

Mark Eddy from Campus Commons Physical Therapy will teach six workshops this year. The topics will be based on back pain, rotator cuff, deep tissue laser therapy and many other related workshops. Mark, who carries a PT, OCS, CSCS license, has been in the business over 20 years and was voted top physical therapist in Sacramento by Threebest Rated. Mark will be here Tuesday, February 11th at 2pm in the Cabaret Lounge.

Also, from CCPT, Brody Choy PTA, leads our 1st and 3rd Wednesday exercise classes at 9:15am. Brody's been with CCPT for nearly five years and has been teaching PT here for many years. We appreciate his dedication and taking time teaching many useful technics that are beneficial for our bodies. Fun facts: Brody was a television actor and print model in Singapore for two years and is credited in a recent documentary. He also comes from an extensive 30-year fine-dining Food and Beverage management background. He managed some of the finest restaurants in Carmel, San Francisco, Singapore, and the Sacramento area, and has traveled nearly around the world.

For our outings this month, I will check the movie line-up and a restaurant when the date gets closer on the 5th, then post it with a sign-up sheet. Music at Noon with Singer-Guitarist Phenix & Friends on the 12th. We'll head to Benicia on the 19th to Bella Siena Restaurant & Lindsay Art Glass Gallery (hand-blown glass), then end the month with lunch at the Claim Jumper Restaurant in Roseville on the 26th. Please remember to sign up as seating is limited.

Have a fabulous February with heart-felt moments and memories.

February Birthdays

Christine Pesola, February 2nd
George Nelson, February 3rd
Violet Dillion, February 5th
Betty Silva, February 9th
Rick Comer, February 13th
Rita Baldarelli, February 15th
Dorothy Pasley, February 19th
Gloria Soto, February 23rd
Ed Briles, February 24th
Ellen Bromberg, February 25th

Campus Anniversaries

Joanne McKee – 20 years!
Ruth Magaziner – 3 years
Joan McGee – 3 years
Sergio Brida – 1 year
Dorothy Pasley – 1 year

Welcome New Residents

Alice C. #105
Shirley M. #237
Linda S. #102

Rick Comer: Employee Spotlight

Rick was born in Fukuoka, Japan along with his older sister. His dad was from Durham, North Carolina and his mom was Japanese.

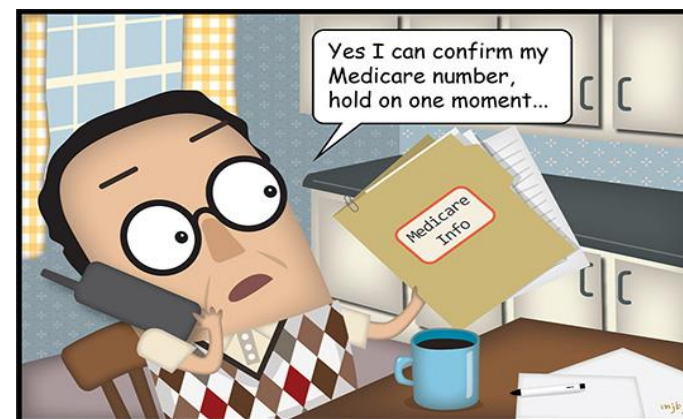


They moved to California when he was 2½. In 1964, they moved to Houston, Texas. Rick's dad worked for NASA during the Apollo moon mission. One of his 6th grade classmates was Andy Aldrin, the son of Buzz Aldrin, the second man on the moon! In 1970, they moved to the Bay Area. Rick moved to Sacramento in 2001 and began working at Campus Commons in 2015. He says, "It's a joy being here with the residents and staff. I am lucky to have found my second family." Rick will also celebrate his birthday on the 13th this month.

Financial Scams Targeting Seniors

In January, I introduced this topic. It was great having Officer Varozza speak on this subject last month. This month, we'll focus on one of the top 10 scams on seniors: Medicare/health insurance scams. I hope you find this informative.

5 Tips for Avoiding Medicare Fraud and Abuse



1. Know the difference between identity theft, Medicare fraud and improper care.

First rule of thumb? Know the difference between the three main types of scams: identity theft, Medicare fraud, and improper care. Identity theft occurs when someone pretending to work for Medicare asks for confidential information under the guise of updating your medical records, or helping you re-evaluate your coverage. A legitimate Medicare employee would never ask for your personal information over phone or email—they already have it on file.

Another common type of scam is Medicare fraud. Medicare fraud happens when Medicare is billed for services or supplies you never got. This could include a healthcare provider billing Medicare for care you never received, or someone using your Medicare card to bill for fake services (and then pocketing the money). If you suspect that Medicare is being charged for a service you didn't ask for, call the federal government's official Medicare hotline at 1-800-MEDICARE.

2. Watch out for anyone asking for personal information.

The most important rule to remember? Medicare will never call, email, or visit you and ask for your personal information. Examples of personal information include your Medicare number, social security number, bank account number, and address.

Scam artists may claim that Medicare is issuing new cards or updating forms, or that they need your financial information to process payment on an overdue medical bill. Even if they accurately cite a few numbers from your checks, do not assume the call is legitimate. Medicare already has this information and does not need to collect it from you. Medicare will begin issuing new cards by April 2019 that no longer contain your Social Security number, but you will not be required to do anything. This change will happen automatically.

3. Compare plans with a trustworthy adviser.

Medicare is a massive enterprise that affects approximately 49 million Americans—which means millions of eager phone calls from insurance companies each year. While some of the plans they suggest may sound familiar, not all policies are right for everyone. Depending on your employment status or medical situation, you may need very different kinds of assistance from other older adults you know.

Insurance sales calls are also biased—there could be coverage options that are a much better fit for your needs, but you're only hearing about the benefits of Plan X. Some salespeople may even employ scare tactics or other below-the-board strategies to sell their plans, such as free lunch seminars or false claims of being affiliated with a government agency.

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