



May 2018

# River Cities Chronicle

*Foxview Manor (Omro) & Riverside Apartments (Winneconne)*

Vol 8 Issue 5

## **Medicare Enrollees Could See Savings From Proposed Program Changes**

Lower prescription costs for Medicare enrollees are promised under policies announced this week by the Centers for Medicare & Medicaid Services (CMS).

As part of an ongoing effort to reduce prescription drug costs, CMS said it is finalizing a plan to lower the price low-income beneficiaries pay for medicines referred to as biosimilars.

The proposed lower costs, which were among a handful of other initiatives announced Monday, are expected to result in a \$10 million program savings in 2019, according to a CMS release. Proposed changes are set to go into effect Jan. 1.

Another finalized policy allows for certain generic drugs to be substituted onto plan formularies at any point in the year, allowing beneficiaries to access lower-cost options sooner. Currently, Medicare beneficiaries must wait until the next open enrollment period before they can use their insurance for newly approved prescription drugs.

CMS said other proposals seek to increase competition among plans and pharmacies by removing a requirement that certain Medicare Part D plans have to “meaningfully differ” from each other and clarifying an “any willing provider” requirement.

The latter update could increase the number of pharmacy options available to beneficiaries, according to administrators.

“The steps we are taking will drive more competition among plans and pharmacies to meet the needs of seniors and lower costs,” CMS Administrator Seema Verma said in a statement.

The agency this week also issued 2019 rates and a final rule on Medicare Advantage and Part D updates. It estimates the rule will result in \$295 million in annual savings for the Medicare program over the next five years.

CMS said it will also provide Medicare with additional tools to combat opioid addictions and overprescribing. Among them is new authority for Part D sponsors to require beneficiaries at risk of addiction to use only certain prescribers or pharmacies for opioid prescriptions.

Proposals this week didn’t include plans for an overhaul of Medicare rebates, which lawmakers and the administration have questioned in recent months. Benefit managers and Part D insurers presently receive discounts on certain prescription drugs and collect fees. They are not required to pass that money on in the form of consumer savings.

Administrators said CMS has received detailed stakeholder input on the issue and it is being evaluated as the agency considers future policies.

# Take action to prevent aging skin and skin cancer

Excessive sun exposure is the most significant cause of aging skin. It can cause early aging skin conditions such as brown spots, white blotches on arms, legs and hands, wrinkles, crow's feet, frown lines, scars, thinning of skin that leads to easy bruising, skin growths, and scaly patches that lead to skin cancer.

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

## Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher that has both UVA and UVB protection. Do not use after expiration date on bottle.
- Don't use sunscreens with SPF factors greater than 50 as they give a false sense of security and may encourage you to stay in the sun too long.
- Put on sunscreen 30 minutes before you go outside. Reapply every 2 hours and after you swim or sweat.
- Don't forget to apply it to your ears, hands, feet, the back of your neck, and any part of your scalp that isn't covered by hair. Use lip balm with sunscreen to protect your lips.
- Wear sunglasses that block UV light. This will help protect your eyes and the skin around them from sun damage. Wrap-around sunglasses are best, because they block UV rays from the side
- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds
- Cover up with long sleeves and a hat.

## Check your skin regularly

See a doctor or nurse right away if you notice:

- A new growth on your skin
- An existing growth that has changed in size, shape, color, or feel
- A mole that bleeds or a sore that doesn't heal

**Slip Slop Slap Seek Slide**



**Protect yourself in five ways from skin cancer**



Photographs used by permission: National Cancer Institute

## **Pets in Common Areas**

For those that own a pet, your pet is not allowed in all parts of the common areas of the building. First, if your pet is exiting your apartment, it needs to be on a leash or in a pet carrier. Also, pets should not be entering the community room under any circumstances. Thirdly, the common area furniture is for humans to sit on only. Pets should not be sitting with you on the furniture or by themselves on the furniture. Just remember that the common area furniture is not your personal furniture and we do not want damage from pet claws or pet fur/dander on the furniture. Others that may be allergic to your pet and we need to provide a comfortable living environment for everyone.



## **Advanced Care Planning Special Event**

The Fox Valley Advanced Care Planning Partnership will be our speaker at our next resident meeting on Wednesday, May 16<sup>th</sup>. You might be asking what is advanced care planning? Basically, it is completing all the necessary paperwork in case you ever are not able to make your own medical decisions. We will be talking about Power-of-Attorney for Health Care, how to pick an agent, and how to make your wishes known.



We have broke this up into two sessions. They will first speak at the resident meeting and hand out paperwork to anyone that wants them. They then will be coming back to us on Thursday, May 24<sup>th</sup> in the community room where they will have volunteers to help you complete your Power-of-Attorney for Health Care. By giving you a week between events, you can really think and gather the needed information in completing these important documents.

So, if you don't have a Power-of-Attorney already and/or you want to learn what this is all about, please make a point on coming to the resident meeting! If you are not able to be there but want the information, please stop in to see Erin after the meeting to get the paperwork.

## **Foxview REAC Inspection**

The Department's Real Estate Assessment Center (REAC) will be conducting an inspection to ensure that you are residing in a sound and well-maintained apartment. This inspection will be taking place at Foxview Manor (not Riverside) on **Friday, May 4th**. They will be selecting a random sample of apartments to be entering for this inspection. You will not need to be home for the inspection. You will receive notice of entry to your apartment for this reason on the date of the inspection. Our building will receive a score from the inspection and our funding is based on how well we do on this inspection. Please make sure that you do a self-inspection of your apartment & check or do the following:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Report burned out light bulbs (including refrigerator and oven lights)</li><li>• Make sure all your doors latch and close completely (nothing blocking them from closing)</li><li>• Check oven and range to make sure working properly</li><li>• Clean refrigerator gasket of any food partials &amp; do a work order if it is loose or detached from the refrigerator or freezer door</li><li>• Make sure nothing is in front of any windows</li><li>• Make sure smoke detectors are fully functional</li><li>• Nothing in front of the breaker box or electrical panel</li><li>• Make sure all outlets and light switch panels are functioning and not broken</li></ul> | <ul style="list-style-type: none"><li>• Test and reset the GFI outlets in your bathroom and kitchen</li><li>• Make sure water drains easily in bathtub and both sinks and faucets don't drip once turned off</li><li>• Make sure your apartment is clean and sanitary on May 4th</li><li>• All pots and pans are out of the oven, dishwasher and off the stove top (it needs to be tested by the inspector and they will not remove items to inspect anything)</li><li>• <b><u>Pull cords in your bathroom and bedroom are free hanging so they can touch the floor</u></b></li><li>• No fruit flies or other pests</li></ul> |
|---|---|

If you do find something that is not working properly or that is broken, it is VERY IMPORTANT that you put a work order in IMMEDIATELY for it to get fixed. This also applies to the common areas of the building. If you see something that needs fixing outside or inside the building, please put a work order in right away so we can get it fixed. If we score as a high performer, we not only get more funding to keep your homes in good condition, but then they are not required to inspect our property as often and may only need to inspect our property every two or three years instead of yearly.

As in any inspection, you will be given adequate notice that we will be entering your unit for this purpose. We may also be conducting pre-inspections to make sure you have not missed something. If you have any questions or concerns, please talk to the office.



# Oshkosh / Winnebago County Housing Authority

Oshkosh/Winnebago County Housing

Authority

PO Box 397

Oshkosh, WI 54903

(T) (920) 424-1470

(F) (920) 424-1474

www.ohawcha.org

## Open Office Hours:

### Foxview Manor

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 9:00am— 11:30am	Cassie: 8:00am— noon	Erin: 9:00am— 11:30am	No office hours

### Riverside Apartments

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 1:30pm— 3:30pm	Cassie: 12:30pm— 4:30pm	Erin: 1:30pm— 3:30pm	No office hours

### Foxview Manor

330 W. Main St.

Omro, WI 54963

(T) (920) 685-6322

(F) (920) 859-0223

### Riverside Apartments

101 N. Second St.

Winneconne, WI 54986

(T) (920) 582-7656

(F) (920) 706-0066

# Mother's Day!

Find each word in the search.

Words go ↑, →, and ↘.

h	S	e	t	M	o	t	h	e	r
i	u	l	p	b	o	h	k	u	f
o	n	g	h	b	n	m	e	r	l
f	d	o	s	g	d	h	n	x	o
g	a	b	e	l	o	v	e	d	w
t	y	m	e	a	g	d	j	k	e
h	o	i	i	m	l	h	o	p	r
a	v	g	d	l	u	o	k	b	s
n	c	a	r	d	y	n	v	z	f
k	u	i	g	j	b	o	f	e	d
p	c	e	l	e	b	r	a	t	e

Mom	flowers
card	hugs
2nd <u>Sunday</u> in May	I <u>Love</u> You
celebrate	family
<u>thank</u> you	Mother
honor	beloved





# Activity Calendar for Riverside Apartments



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Pokeno 12:00pm	<b>2</b> Bible Study 6:30pm	<b>3</b> Bug Day (Apt #102, 202, 302)  Polish Poker 12:30pm	<b>4</b> Birthday Coffee Hour 8:00am  Bingo 3:00pm	<b>5</b> Cinco de Mayo
<b>6</b>	<b>7</b>	<b>8</b> Pokeno 12:00pm	<b>9</b> Bible Study 6:30pm	<b>10</b> Polish Poker 12:30pm	<b>11</b> Coffee Hour 8:00am	<b>12</b>
<b>13</b> Mother's Day	<b>14</b> Fire Alarm Testing 1:00pm	<b>15</b> Pokeno 12:00pm	<b>16</b> Resident Meeting 3:00pm  Bible Study 6:30pm	<b>17</b> Polish Poker 12:30pm	<b>18</b> Coffee Hour 8:00am	<b>19</b> Armed Forces Day
<b>20</b>	<b>21</b>	<b>22</b> Pokeno 12:00pm  WCHA Board Meeting 3:00pm (at Marian Man- or)	<b>23</b> Bingo 3:00pm  Bible Study 6:30pm	<b>24</b> Advanced Care Planning Special Event 1:15pm	<b>25</b> OAFP Delivery Day Coffee Hour 8:00am	<b>26</b>
<b>27</b>	<b>28</b> Memorial Day  OFFICE CLOSED	<b>29</b> Pokeno 12:00pm	<b>30</b> Bible Study 6:30pm	<b>31</b> Polish Poker 12:30pm		

# Activity Calendar for Foxview Manor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Marie (beautician) coming	2 <b>Rick Vicker's birthday</b>	3 Bug Day (Apt #102, 202, 302)  Game Night 6:00pm	4 REAC inspection	5 Cinco de Mayo
6	7	8 Fire Alarm Testing 1:00pm	9 Bingo with birth- day party after 3:00pm	10 Piggly Wiggly Delivery  Game Night 6:00pm	11	12
13 Mother's Day <b>Lana Paulson's birthday</b>	14	15	16 Resident Meeting 1:15pm	17 Game Night 6:00pm	18	19 Armed Forces Day
20	21	22 WCHA Board Meeting 3:00pm (at Marian Man- or)  <b>Julie Rymer's birthday</b>	23 <b>Gladys Krygiel's birthday</b>	24 Piggly Wiggly Delivery  Advanced Care Planning Special Event at 12:00pm  Game Night 6:00pm	25 OAFP Delivery Day	26
27	28 Memorial Day  <b>OFFICE CLOSED</b>	29	30	31 Game Night 6:00pm		