

RAULF PLACE'S
THE UPTOWNER

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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



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 on the second floor 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 so we want to create a peaceful inviting community to all.



Advanced Care Planning Special Event

The Fox Valley Advanced Care Planning Partnership will be our speaker at our next resident meeting on Monday, May 21st at 1:30pm in the theater room on the third floor. You might be asking what is advanced care planning? Basically, it is completing all the necessary paperwork with your wishes in case you ever are not able to make your own medical decisions in the future. 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 Wednesday, May 30th at 1:00pm in the community room where they will have volunteers to help you completing your Power-of-Attorney for Health Care. By giving you a week and half 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.

Raulf Place

(Formerly
Mainview Apartments)

Physical: 530 N. Main St.
Oshkosh, WI 54901
Mailing: PO Box 397
Oshkosh, WI 54903

Fax: (920) 426-3616

VISIT US ON THE WEB:

WWW.OHAWCHA.ORG

STAFF:

PROPERTY MANAGER: Cassie Sklenar

(T) (920) 424-7651

Office Hours: Mon.—Thurs.: 8:00am—4:30pm

Fri.: 8:00am—noon

SOCIAL WORKER: Erin Reismann, CSW

(T) (920) 424-7652

Office Hours: Mon.: 8:00am—noon

Wed.: 9:00am—4:00pm

Fri.: 9:00am—noon

MAINTENANCE: Harvey

Work Hours: Mon.—Thurs.: 7:00am—4:30pm

Fri.: 7:00am—11:00am

Changes in Activities


Based on financial issues, it was voted on and approved that we will only be holding Bingo every other month moving forward. Bingo will still be held for the two hours every other month. The next Bingo will be in June. Also, during the months of the farmers market, we will not be having coffee hour due to low attendance. So we will have one in May but the next one after that will not be until October. The farmer's market starts on June 2, 2018.

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	q	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 Sunday in May	I Love You
celebrate	family
thank you	Mother
honor	beloved



Activity Calendar for Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Bible Study 5:30pm (T)	5 Cinco de Mayo
6 Robert Moser's birthday	7 Chair Exercise Group 10:30am (ER)	8 Bug Day (1st floor)	9 Clint Lyon's birthday	10 New Library Books (L)	11 Bible Study 5:30pm (T)	12
13 Mother's Day	14 Chair Exercise Group 10:30am (ER)	15	16 Birthday Party 2:00pm	17	18 Bible Study 5:30pm (T)	19 Armed Forces Day
20	21 Chair Exercise Group 10:30am (ER) Resident Meeting 1:30pm (T) OHA Board Meeting 3:30pm (MM)	22	23 Fire Alarm Testing 2:00pm	24	25 Bible Study 5:30pm (T)	26 Coffee Hour 9:30am
27	28 Memorial Day OFFICE CLOSED	29	30 Advanced Care Planning 1:00pm (CR)	31	(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)	