

News & Views

What You Must Know About Medicare Part D: Prescription Drug Benefit

By Tesia Poponyak,
Financial Benefits Counselor



If you use Medicare and Medi-Cal, your prescription drug coverage will change on **January 1, 2006**.

Beginning January 1, 2006, new Medicare Prescription Drug plans will be available to people with Medicare. These prescription drug plans will be offered by a variety of private insurance companies. You will have to pay a premium that is about \$37 a month.

- Once the \$250 annual deductible is met, Medicare pays 75% of covered prescription drug costs for the next \$2,000. You will be responsible for a 25% co-payment.
- A beneficiary who has used \$2,250 in covered prescription costs is responsible for paying **100%** of the next \$2,850 of covered expenses.
- Once you reach \$5,100 in covered expenses during the year, Medicare will pay for 95% of the remaining covered costs for the rest of that year.

Each Medicare Prescription Drug Plan has a specific "formulary," or drugs it covers. You might be assigned to a plan that does not cover your medication. **You have a choice in your prescription drug coverage.** No cost, trained benefits counselors and planners are available to help you make an informed choice: **Health Insurance Counseling and Advocacy Program (HICAP)** provides assistance with Medicare and other health insurance. To locate a local HICAP, call 1(800) 434-0222.

If you cannot pay for a Medicare Prescription Plan you may qualify for help, which is based on your income and assets. Look for details in the mail from Medicare and the Social Security Administration. If you think you qualify for extra help you can sign up with SSA. Please visit www.ssa.gov to locate the nearest Social Security Office or call 1(800) 772-1213.

Even if you don't use a lot of prescription drugs now, you should still consider joining a plan. If you are on Medicare now, the annual enrollment period for Part D begins on November 15, 2005 and extends through May 15, 2006. If you sign up for Medicare Part D after May 15, 2006 there will be a lifetime premium penalty of 1% per month of delay!

In order to make the transition to Medicare Part D happen smoothly **be sure to check and open your mail often!** If you have any questions about Medicare Part D help is available. For further information contact:

Tesia Poponyak, Financial Benefits Counselor
Call: 650-595-0783 x122 or email: tesiap@cidbelmont.org

From the Executive Director

Kent Mickelson

Director's Report

Those of you who have visited our center in the last several months probably have noticed our beautiful spring garden. It is lush and green and has produced many wonderful vegetables and other edibles. This wonderful project was made possible by very generous donations of time and money from many community organizations and also CID staff members. Very special thanks go to the Hillsborough



Garden Club who has been our major sponsor in this project. Major thanks go to David Mon and Marta Florez who have put in a lot of time and effort on the project.

The CID Garden Committee is starting to make plans for the Fall Garden. If you would like to volunteer to be a part of the fall planting please contact Marta or David at CID.

CID will also be organizing cooking classes to teach disabled individuals how to best prepare the wonderful vegetables from the garden. The cooking will emphasize healthy cooking to keep as much of the vegetables' food value as possible. Announcements will be made about the times and dates for the classes.



If you haven't visited CID in a while then it is time to come by. We will be happy to give you a tour of our wonderful garden and show you what hard work and community support can accomplish!

DO YOU KNOW ABOUT 211?

By Brent Duisenberg, AT Advocate



211 is like 511 for Traffic; it is an assigned number for Social Services Information. I have been involved with the 211 initiative for almost two years now and

was asked to lead the effort to bring 211 to San Mateo County in June of this year. CID is now the lead agency and I am the 211- Coordinator.

211 will bring Social Services to all consumers of San Mateo County via your telephone and this will be a one stop number for all. This will eliminate the need to make numerous calls and being re-directed over and over until you find the right number/agency.

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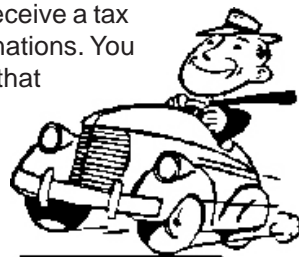


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Donate Your Old Car to CID! : Holiday Assistance Program

Do you have an old "junkie" car sitting in your driveway? Donate Your Old Car to CID and receive a tax write-off. CID is now accepting donations. You will receive a tax donation receipt that you may use to reduce your personal income tax.



You will also gain from the satisfaction of knowing that your donation will help CID. For more information, call Steve Freier at (650) 595-0783 ext. 115 or Brent Duisenberg at ext. 116.

FREE TELEPHONES & LOW-COST BASIC PHONE SERVICE!



If you have a temporary or permanent disability you may be eligible for a free telephone. CTAP has telephone products available to make your life easier when using your phone.

If you're on a limited or fixed income, you may be eligible for basic telephone service for about half the regular cost. The Assistive Technology Department can help you obtain either of these services. Call Brent Duisenberg at (650) 595-0783 ext. 116.

WE NEED VOLUNTEERS!

Volunteers make a world of difference and the time they spend helping others is really rewarding. Whether you **NEED** the service or can **PROVIDE** the service, CID has two important programs for you:

* **VIMM** volunteers help people with basic money management such as sorting and paying bills, organizing a system for monthly money management, conducting related services.

* **SASH** volunteers shop for people who are unable to leave their homes, or unable to lift or carry groceries.

Please call Sally Pierotti at 650-595-0783 x117 if you can help us. Volunteers are ALWAYS needed!

211 Article ... continued from first page

The federal government has put up a \$250 million dollar matching funds allowance. In addition, in 211 systems that are already in operation, the local 911 systems have seen a 20% drop in calls. 211 is a win-win for all and it needs your support.

If you would like further information, please contact Brent Duisenberg at the agency: 650-595-0783 ext. 116.

HELP AMERICA VOTE!

By Warren Slocum, Assessor-County Clerk-Recorder & Chief Elections Officer



A long awaited dream for people with disabilities is to have the right to vote – independently – like every other American. This dream will be realized for the first time in our country's history next year thanks to the federal legislation known as the **Help America Vote Act** (HAVA). As San Mateo County's Chief Election Officer, it makes me very proud to be part of this moment in our country's history.

What will HAVA mean locally? It will mean that every polling place in San Mateo County – and we have nearly 500 of them, will offer accessible voting equipment to voters with disabilities. We will be purchasing at least one accessible voting device for each polling site and they will be ready for use for the first time ever in the June 2006 Primary Election.

To help evaluate voting equipment options, we held three voting demonstrations in the spring for people with disabilities. They were co-sponsored by the Commission on Disabilities, CID, Daly City ACCESS, Peninsula Volunteers and the San Mateo County Board of Supervisors. To all of you that were able to come and help evaluate the choices, I give you my heartfelt thanks. Your feedback was invaluable.

My goal is to offer the very best voting experience for ALL people in this county. I want you to know that the men and women who work in our Elections Office all share this vision and are proud to uphold the spirit and the letter of the Help America Vote Act.

The Top Ten Reasons to Vote in the Upcoming Special Election

By Nicole Cortichiato

10. You can't wait to get that coveted collectors item, that "I Voted" sticker.
9. Because Union Members make up 9% of the population and vote at a rate of 85%.
8. You have never been registered to vote but will do so now because this election is "special".
7. Because the Senior Community is 14% of the population and voting at a rate of 80%.
6. You just lost your job and thought the voting line might be a good place to hand out your resume.
5. Because the Latino Community is 14% of the population and voting at a rate of 70%.
4. Because the African American Community is 13% of the population and voting at a rate of 70%.
3. Since nobody listens to you at home, at least the polling place will welcome you.
2. Because the Disability Community is 20% of the population and voting at a rate of **ONLY 35%!**
1. We must not leave any Chad behind.

Get ready for the Special Election Register to Vote Online by October 24th!

PRE-SUPERBOWL FUNDRAISING



CID is preparing for our annual

2006 Pre-Superbowl Fundraising event.

We are seeking donors/sponsors large and small.

Please donate "DOOR PRIZES" or "CASH" for the event.

To arrange for a donation pick up, please call:

Kent or Arsie at 650-595-0783 between 9:00am to 4:00pm.

Your donation will go to a good cause and help the disability community.

- Thank you !

What is Assistive Technology?

By Steve Freier, Assistive Technology Coordinator



Assistive Technology is technology used by individuals with disabilities in order to perform functions that might otherwise be difficult or impossible. Assistive Technology can include mobility devices such as

walkers and wheelchairs, as well as hardware, software, and peripherals that assist people with disabilities in accessing computers or other information technologies.

For example, people with limited hand function may use a keyboard with large keys or a special mouse to operate a computer, people who are blind may use software that reads text on the screen in a computer-generated voice, people with low vision may use software that enlarges screen content, people who are deaf may use a TTY (text telephone), or people with speech impairments may use a device that speaks out loud as they enter text via a keyboard.

A tremendous variety of Assistive Technology is available today. Assistive Technology does not just mean "high-tech". There are literally thousands of "low-tech" AT devices available in the market today for nearly every conceivable purpose, especially the tasks of everyday living, providing the opportunity for all people to be able to perform the common everyday tasks which most people take for granted. The Assistive Technology Department at CID has recently purchased quite a number of low-tech AT Devices for demonstration purposes and we would be happy to make presentations to any interested small group or organization in San Mateo County or to a few interested individuals by appointment.

Call 650-595-0783 for either Steve Freier x115 or Brent Duisenberg x116.



RAY'S CORNER Creating Vocational Opportunities...

Contributed by Carmen O'Keefe, VRS

VRS (Vocational Rehabilitation Services)

partners with several local employers as well as government and community based organizations in order to create vocational opportunities for the individuals we serve. A recent partnership with Goodwill created several opportunities for people with employment barriers and disabilities an opportunity to learn marketing skills.

In June 2005, VRS and Goodwill Industries launched a partnership referred to as "Recompute." Recompute is the first free electronics recycling and refurbishing program in San Mateo County. Residents and businesses can drop off computers and televisions, working or not, at any Goodwill donation center in San Mateo, San Francisco or Marin County. Used electronics are taken to a refurbishing hub located at the County of San Mateo Human Services Agency Vocational Rehabilitation Services (VRS) facility. VRS clients, utilizing vocational job training, are employed to refurbish recycled electronics. - Ray Pittsinger, ext. 128



CURB CUTS IN THE CITY OF BELMONT?

If you are a wheelchair user or have problems with mobility, please let CID know where you think curb cuts should be in the City of Belmont. CID is making an effort to have a more accessible city to live in.

Thank you.

Please call Ray at 650- 595-0783 ext. 128.

The Family Support Program

Additional monies are available for Family Caregivers who meet the following criteria:

- 1) Any member of a family providing homecare for a family member over age 60.
- 2) A grandparent raising a grandchild under the age of 18.

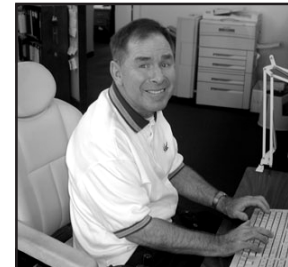


The Housing Accessibility Modification (HAM) program covers San Mateo County. The HAM program can provide such items as minor home modification such as small ramps, grab bars in tubs, showers and toilet areas, wooden rails in and out of your home, and other safety devices as needed

An Occupational Therapist may be sent to your home for an evaluation. CID has experienced installers who will perform any necessary installations.

The Assistive Technology Program can assist with any other technologies such as walkie-talkies, assistive computer devices, or other devices that you feel would make your life easier.

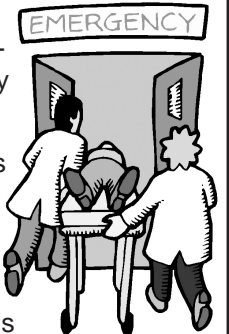
PUBLIC HEALTH EMERGENCY UPDATES



by Jim Stinehoff
Emergency Services

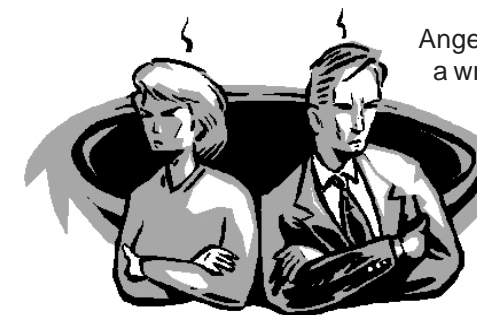
People with disabilities are encouraged to contact CID or community based organizations for accurate updated information during a public health emergency in San Mateo County.

The San Mateo County Health Services wants to leave no one behind in a public health emergency. The Agency will establish a community link to assure that non-profits can provide accurate information to vulnerable populations before it is released to the media.



Do You Know How To Control Your Anger?

By Arsie Tuquero-Zacarias



Anger is a hostile feeling, a wrath and passion. Anger can be very useful or very destructive. Anger can be a great sign to let you know what you need and what your value. Some people

stuff their anger, do passive aggressive things or go into a rage. Anger can contribute to weakness, to all kinds of pain such as headaches, stomach aches, jaw aches, broken relationships, hurt feelings, low self-esteem, loss of sleep, depression, high blood pressure, ulcers, heart attack, stroke, etc.

Recognizing anger can contribute to creatively problem-solve, better understanding and to change. It is up to you how you use and control your anger. You are responsible for your own anger, for learning the causes of it, and doing something about it.

Thinking of conflict resolution for a better understanding is very helpful. For best result before you engage in a serious confrontation, practice the old remedy to control anger, walk backward from the person wearing a big smile, sing, think of funny things, or start counting from one to one hundred.

For further information, call the Family Service Agency for the Anger Management program at (650) 692-0555.