

This week I attended an information session on Medicare and the Health Insurance Marketplace (a.k.a. The Affordable Care Act). The information focused on Medicare recipients and answering questions about how they are impacted by this new law.

Here is the scoop in a nutshell: ❌

1. **As of October 1<sup>st</sup> ALL Washington residents can go to the Washington HealthPlanFinder website** and see what is available in the way of health insurance. By saying “all” I mean ALL residents who need health insurance. This website will guide people to purchasing health insurance, let them know if they are likely eligible for tax deductions, subsidies or Medicaid (medical coupons). You can visit the site now but it doesn't offer insurance for purchase until October 1. The Health Plan Finder website is: <http://www.wahealthplanfinder.org>.
2. **If you are on medicare you don't need to visit the site or worry about the new healthcare regulations.** The new Health Insurance Marketplace is for people who don't have health insurance and medicare recipients have health insurance through Medicare. In fact, it is against the law for someone who knows you have Medicare to sell you a Marketplace plan.
3. **The Affordable Care Act did change two major things about Medicare.** 1) Preventative Care is now free and 2) The Part D Donut Hole is eliminated. Two very positive changes for Medicare recipients.
4. **If you are contacted about signing up for a health plan DO NOT** share your Medicare number or other personal information. Take their name and contact information and report the incident to SHIBA (Statewide



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Health Insurance Benefits Advisors) at 800-562-6900 located at the  
Washington State Office of the Insurance Commissioner. The Insurance  
Commissioner's website with additional information about the  
Washington's HealthPlanFinder website  
is: <http://www.insurance.wa.gov/your-insurance/medicare/exchange/index.html>

### Quote of the week:



If you judge people, you have no time to love them.

– Mother Theresa

### Happenings this week:

#### Saturday and Sunday, September 21-22:

**Artists' Creations to Go on Display During Studio Tour** Regional artists will be putting their artwork on display Sept. 21, 22, 28 and 29 during the ARTrails of Southwest Washington 11th annual Studio Tour. The show is an opportunity to drive through the area's historic communities and back roads of Lewis County. Along the way, people will be able to stop at a wide variety of locations, watching the artists at working and viewing their creations. Artwork will be available for sale at individual studios. Studios, located between Littlerock and Vader, will be open 10 a.m. to 5 p.m. each day. **Stillwaters Estates** is one of the sites to host artists. A total of 56 artists are participating in the 2013 Studio Tour. A catalogue that lists the artists and studios is available at numerous downtown businesses in the Twin Cities. More information is available



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by calling Rebecca Staebler, owner of HUBBUB, at (360) 736-1517.

### **Saturday, September 21st: Wellness Roundup to Offer Variety of Free Services**

The Wellness Roundup 2013 will be held 8 a.m. to 2 p.m. at the corner of Cooks Hill Road and Scheuber Road, near Providence Centralia Hospital. The health and wellness fair will feature free health screens, including cholesterol, blood sugar and blood pressure checks; free clinical breast exams and mammograms; massages, information and giveaways from local health providers. Also offered are a \$500 cash prize, free bike helmets and horse carriage rides. More than 100 local exhibitors will be offering a variety of information. A barbecue lunch will be available. For more information, call (360) 330-8767.



**Next Thursday, September 26th:** Potluck night here at Stillwaters Estates! Dinner starts at 6 p.m. sharp. Bring your favorite dish to share and your own plate (paper or otherwise). Enjoy the fun and the good eats!



**Weather:** What a lovely day yesterday and then clouded over today! The forecast is for storms by tonight and the weekend then cloudy with a chance of rain all next week.