



MEDICARE NEWS

December 2018 Edition

My goal with this newsletter is to:

1

KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

STAY CONNECTED

I want to make Medicare coverage as simple as possible

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What a Wonderful Year!

As I've spoken with many of you this year, I'm aware that it's included challenges as well as moments of pure joy! As we round the end of 2018 I want you to know as things change in your lives and in the Medicare Insurance world, I am available if you have ANY questions. It is my pleasure to serve you!

5 Holiday Health Tips for Seniors

The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don't miss this essential list of holiday health tips:

Tip 1: Keep Moving

It's easy to find yourself frequently sitting down during the holiday season. Like crashing on the couch after a big dinner to enjoy watching your favorite movie with the grandkids. But if you want to burn all the extra energy (calories) you are consuming, you must keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends. (see California... Article)

Tip 2: Avoid Excess

It's not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation and

Thanks for Your Referrals!

Jack Monger
referred
Elizabeth McKee

Kathleen Davis
referred
Marjorie Davis

Marty Schneider
referred

Mark and Barbara
Moehlenbruck

R.J. Kelly
referred

Richard Tompane

Mark Barker
referred
Bill Wallace

"We try hard to recognize every referral but if we missed anyone, please let us know.

Just send us a quick email so that we can acknowledge you.

We want all of you to know that it is our privilege to serve you.

The greatest compliment you pay us is the referral of your family and friends.

Thank you!!!"

Birthdays!

December

Frank Passiglia
Russ Owens
Gary Spradling
Andy Gerdeman
Mick Farris
Mary Fisk
Joseph De Santi

keep up with your water intake.

Tip 3: Plan for Exercise

It's easy to let your workout routine get sidelined by holiday travel. Plan ahead to keep active by scheduling daily walks, packing resistance bands to use at your destination, or using the hotel pool.

Tip 4: Prevent Falls

Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, and asking for assistance when walking over ice or snow.

Tip 5: Make Healthy Cooking Choices

Salty, sweet, buttery, crispy . . . the descriptions of holiday food, while enticing, also reveal some of the problems they can cause. Over-consumption of salty, sugary, fried, processed fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.

Give the Gift of Health!

I know that many of you have said how unhappy you are that UnitedHealthcare did away with their affiliation with SilverSneakers. The reason for this break-up, was they did a survey of all their members that had access to the free SilverSneakers gym membership as part of their Medicare plan, and they found that only 5% of all those eligible to use it, actually did.

They decided to create their own versions of the gym membership - RenewActive for several of their Advantage plans, and HealthYourWay for those with a Supplement plan. Through the RenewActive Program you can attend fitness classes, health coaching, and have a one-on-one fitness orientation to show you how to use the equipment and help you plan a fitness routine specifically for you, at any participating gym. Also the RenewActive website (www.myrenewactive.com) has brain games to help keep you sharp. To use a gym you simply go to the website and download your confirmation code, then present it to the front desk at the gym of your choice and they will give you a membership card. The membership is free of charge to you. (But always call ahead to make sure they have time set aside just for you.)

The HealthYourWay plan is slightly different, in that you receive a confirmation code which will give you 50% off the price of a standard membership at any participating YMCA or other fitness facility. This program site (www.healthyourway.com) is where you can find many of the same benefits as the RenewActive plan.

Give yourself the gift of improving your health, by making a resolution to be more active in 2019. Your health is valuable, not just to you, but to your loved ones. Be good to yourself!

[California...It's a Great Place To Live](#)

In a city defined by crystal blue skies and swaying palm trees, it can be difficult to transition from our carefree summer mindset into the festive holiday spirit. Sipping peppermint hot cocoa and singing along to holiday music can help, but the best way to fully embrace the new season is by getting out and enjoying the many festive events.

Gather the whole family together for a fun night out, or sneak away with your special someone for a romantic date night. Bundle up and soak in the holidays San Diego-style.

San Diego Bay Parade of Lights – 12/11 & 12/18

Although winter chill can create natural ice skating rinks on the East Coast, here on the Best Coast we keep our water nice and warm for the holiday season. Discover another side of holiday entertainment with the San Diego Bay Parade of Light, back for its 40th year on two dates, Sunday, December 11 and Sunday, December 18 from 5:30 to 9pm. Free for spectators, this features a parade of boats bedazzled in holiday lights, cruising through San Diego Bay, as fireworks fill the sky. The parade route takes the bright boats past Seaport Village, the Star of India and west to Coronado. Recommended viewing areas are The Embarcadero at 6:30pm and the Coronado Ferry Landing at 7:30pm.

So You Wish You Could Skate at Hotel Del Coronado – 12/14

Ice skating is a fun holiday activity enjoyed by people of all ages and skill levels. This year the Make-A-Wish San Diego is embracing the spirit of competition with a new holiday event, 'So You Wish You Could Skate', a playful amateur ice skating fundraiser to raise money to make children's wishes come true, just in time for the holidays. Many familiar faces will perform ice skating choreography on the ice before a live audience, and a lineup of local celebrity judges will decide who makes the cut. Judging will be based on costumes, music selection and entertainment value, which means we're in for a great show. The event takes place at Hotel Del Coronado, with a Wish Kid Welcome Program at 6pm and the ice skating show from 6:30 to 7:30pm.

Holiday of Lights at Del Mar Fairgrounds – 11/24 - 1/1

While driving through local neighborhoods in search of brilliant bright lights and elaborate holiday decorations is fun, there is an easier way to discover over-the-top illumination. The Holiday of Lights at the Del Mar Fairgrounds is the largest drive-through light show on the

entire West Coast, featuring more than 400 twinkling lights displays as well as lively animated holiday displays. Think Scream Zone, but instead of ghosts and goblins, you'll find merry elves, witty reindeer and Santa Claus himself, enhanced with live holiday music and fire pits for roasting marshmallows. For an extra boost of holiday cheer, treat the family to an adventure on the Holiday Hayride. Holiday of Lights opened on November 24, and runs through Sunday, January 1, with the exception of a few blackout dates, and admission is priced at \$14 per car of 5 people.

[Yorkshire Pudding](#)



Yorkshire pudding and Prime Rib (or any meat dish) go together like cookies and milk. And with just four ingredients and in only 30 minutes, you'll have a delicious side dish made, grand and burnished like a crown. This is a dish you can make either sweet or savory, whichever you choose!

Ingredients

- 3/4 cup all-purpose flour
 - 1/2 teaspoon salt
 - 3 eggs
 - 3/4 cup milk
 - 1/2 cup pan drippings from your meet or to make sweet, substitute with butter
1. Preheat the oven to 450 degrees F.
 2. Sift together the flour and salt in a bowl. In another bowl, beat together the eggs and milk until light and foamy. Stir in the dry ingredients just until incorporated. Pour the drippings (or butter) into a 9-inch pie pan, cast iron skillet, or square baking dish. Put the pan in oven and get the drippings smoking hot (keep an eye on it so it doesn't burn). *Carefully* take the pan out of the oven and slowly pour in the batter. Put the pan back in oven and cook until puffed and dry, 15 to 20 minutes.
 3. If you decide to make it sweet (it's now called a Dutch Baby or German Pancakes) you can serve it with anything you would normally have with pancakes.

Original Recipe can be found at *The Food Network*... <https://www.foodnetwork.com/recipes/tyler-florence/yorkshire-pudding-recipe-1943597>

[Medicare Made Easy](#)

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