



# MEDICARE NEWS

## December 2019 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

858-935-9120

### Medicare Raises Rates for 2020

On November 8, 2019, the Centers for Medicare & Medicaid Services (CMS) released the 2020 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

*Part B Premium was \$135.50 for 2019 will be \$144.60 in 2020*

*Part B Annual Deductible was \$185 in 2019 will be \$198 in 2020*

The increase in the Part B premiums and deductible is largely due to rising spending on physician-administered drugs. These higher costs have a ripple effect and result in higher Part B premiums and deductible.

Currently, for Part B, the law requires CMS to pay the average sales price for a drug and also pays physicians a percentage of a drug's sale price.

### Dental Special

Dental insurance can be expensive but taking care of your teeth is very important and necessary for good health. Our friends at Bridlewood Insurance have negotiated this deal for my clients. This is a \$150 value that Dr. Mashoon will discount 50% for only \$75.00.

Teeth Cleaning and Oral Exam

\$75

Dr. Roxanna Mashoon, D.D.S.

Call for Appointment 858-451-0202

One coupon per Patient. Must be a Bridlewood customer.

Coupon expires 3-31-2020

## Thanks for Your Referrals!

Marian H referred  
Garold H

Sandra Moore  
referred Terry M

Holley H referred  
Leita G

Janie H referred  
John and Sally B

Dan Reed referred  
Becky B

Moises G referred  
Eric E

*"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 privi-  
lege to serve you.*

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

*Thank you!!!"*

## Birthdays!

### **December**

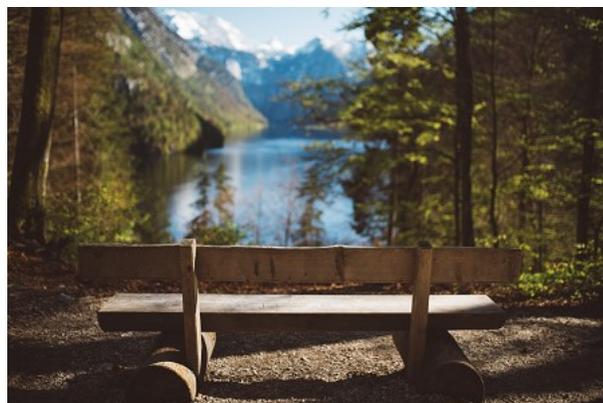
Judy T  
Joseph De S  
Lyle D  
Frank P  
Jim R  
Russell O  
Gary S  
Andy G  
Mick F  
Mary F  
Susan L

## Green Spaces For Our Health

As older adults our wellbeing is strongly linked to our residential environment, where we generally spend more time than the younger population does due to, for instance, retirement or limited mobility. An important factor in the association with health is whether ones' neighborhood facilitates or hinders participation in activities and healthy behavior. For instance, walk-friendly infrastructures and access to destinations and services have been found to be positively related with higher physical activity and walking among older adults.

One feature of the environment that has received increasing attention over the last years is green space. Green spaces are areas partially or fully covered by vegetation (e.g. trees, grass, and bushes), which can come in many forms, including large forests, small city parks, and even the street trees in our neighborhoods. Recent studies have found that living in neighborhoods with more green space is associated with improved mental and physical health, as well as reduced levels of obesity, and risk of disease.

Older adults living in neighborhoods with more green space are reported to have better general health, more life satisfaction, and less stress. In addition, higher exposure to green space has been associated with a lower risk of cardiovascular disease. Moreover, more visits to green spaces have been associated with lower mortality in the older population.



One of the most important determinants of healthy ageing is our cognitive function, which includes such abilities as reasoning, short-term memory, and verbal fluency. Cognitive functioning generally declines as we age. In a recent study led by the Barcelona Institute for Global Health with data of over 5,600 British civil servants, found that those living in neighborhoods with more green space had a slower cognitive decline over the study period.

Another important determinant of healthy ageing is our physical function. This refers to the capacities of the body that are needed to do basic activities in daily life such as walking, balance, and strength. Similarly, in the previous study, it was found that the British civil servants who were living in or close to greener neighborhoods had a slower decline in their walking speed.

### **How does green space benefit our health?**

There are several pathways, being proposed, through which green space may

benefit health. Neighborhoods with higher levels of green space have been found to foster social connections and reduce feelings of loneliness, which are very relevant predictors of health in the older population. Additionally, access to more green space may provide incentive for doing more physical activities. As we know staying physically active is important for health as we age. Furthermore, green spaces may reduce exposure to harmful factors such as noise, air pollution, and heat to which the older population may be especially vulnerable.

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

### **12<sup>th</sup> Annual Gaslamp Holiday Pet Parade**

Join us December 15<sup>th</sup> at 2pm as San Diego's furriest festive family-friendly parade returns to the Gaslamp Quarter. Deck those paws with bells so jolly and jingle all the way through this Pet Parade. Pet owners and their furry, feathered, and scaled companions are invited to don their favorite costumes for this jolly promenade and Holiday Pet Market. For all the details... <https://www.gaslamp.org/events/pet-parade/>

### **Inpro's Dickens UnScripted at North Coast Rep**

Join us December 16<sup>th</sup>-17<sup>th</sup> at 7:30pm for Impro Theatre, what The Los Angeles Times calls "Amazing!" One of the funniest evenings as this troupe spins an entire play into comedy gold right before your eyes. Starting with an audience suggestion, the troupe creates completely improvised, full-length plays in the styles of the world's greatest writers. Join us this holiday season for a hilarious comedy inspired by the works of Charles Dickens. For all the details and tickets... [https://northcoastrep.org/variety\\_night/dickens-unscripted/](https://northcoastrep.org/variety_night/dickens-unscripted/)



### **Toddler Time at the Birch Aquarium**

Join us December 18<sup>th</sup> from 10-11am (and every other Wednesday) for story-time, live music, art activities or animal interactions, Toddler Time is a fun and engaging event for our littlest guests ages 5 and under and an accompanying adult. For all the details... <https://aquarium.ucsd.edu/events/2019/toddler-time-little-aquarium-artists>

### **Polar Express Family Day at the SD Model Railroad Museum**

Join us on December 21<sup>st</sup> from 9am to 5pm for a cozy screening of The Polar Express in pajamas and bring your favorite blanket! After the movie, kids will craft a special keepsake and we will close the event with a visit from a very important friend of the museum! For all the details... <https://www.sdmmr.org/polarexpress>

### **A Charlie Brown Christmas Live On Stage**

Join us December 27<sup>th</sup> at either 1:30pm & 5:00pm both performances are 90 minutes (including intermission). Don't miss everyone's favorite holiday classic as it comes to life in the all-new touring production of A Charlie Brown Christmas Live On Stage! For all the details... <https://sandiegos theatres.org/a-charlie-brown-christmaslive-on-stage/>

## Boarded! Pirate Adventure Performance

Join us December 28<sup>th</sup> at 10:30am or 12:45pm (90-minute performances) for this hilarious interactive show which puts visitors right in the middle of the pirate action. Participants will be sworn in as part of the ship crew, trained how to navigate, sword fight, bail water from a sinking ship, escape from the King's Jail, swab the deck and other pirate skills. For all the details... <https://sdmaritime.org/visit/public-events/boarded-a-new-pirate-adventure/>

### [Country Cabbage Soup](#)

This soup will surely become one of your families go-to-meal. It's a winner to adults and kids alike. Perfect for a week night dinner!

#### Ingredients

- 1 pound beef, ground
- 3 clove garlic, minced
- 1 onion, chopped
- 28-ounce can diced tomatoes
- ½ medium cabbage, chopped
- 3 celery stalks, chopped
- 4 carrots, chopped
- 2 cups beef broth
- 1 teaspoon beef bouillon granules or paste
- 1 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste



#### Directions

1. Prepare and chop all ingredients.
2. In a large soup pot, brown the ground beef, garlic and onion; drain.
3. Add the tomatoes, cabbage, celery, carrots, broth, bouillon granules salt and pepper and bring to a boil.
4. Simmer, uncovered, until the vegetables are tender, about 30-45 minutes.
5. Adjust the seasonings to taste.

The original recipe <https://www.keyingredient.com/recipes/91394962/country-cabbage-soup/>

**Jim  
Robeson**

**MEDICARE MADE EASY**

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