

Support For Terminally Ill Persons And Their Families

Avera Sacred Heart Hospice

Emotional, Spiritual, and Physical Support to Terminally Ill Persons & Their Families

Death is a normal life process. Hospice is a special way of caring for people in the final stages of life. The goal of hospice is to provide emotional, spiritual, and physical support to terminally ill persons and their families. Hospice care is a physician-directed, nursecoordinated interdisciplinary team approach to patient and family care available 24 hours a day, 7 days a week.

Avera Sacred Heart Hospital now has Hospice Suites available as a setting for short term residential hospice care to patients who no longer require acute care services, have a life expectancy of less than two weeks and choose to elect hospice care. For additional information on hospice care, please contact Avera Sacred Heart Hospice at 605-668-8309.

Avera Sacred Heart Home Care

Recovery from illness, surgery or injury at home or using home-based hospice services are increasingly popular and effective aspects of contemporary health care. At Avera Sacred Heart, we fully support the idea that in many cases, for many people, home care is the best care.

Avera Sacred Heart Home Care Services, a Medicarecertified and Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accredited agency, provide services to patients in 10 South Dakota and five Nebraska counties.

Whether you need skilled

nursing care, rehabilitation services, or help with daily household chores, Avera Sacred Heart Home Care can help. Our friendly, compassionate staff still makes house calls - because bringing health care home - is what we do best!

Avera Sacred Heart Home Care offers a broad range of health care and support services to people of all ages in the comfort of their own homes. Besides providing direct patient care, home care professionals teach families what they need to know so they can properly care for a family member. Call Avera Sacred Heart Home Care at 605-668-8327 for more information.

> ■ Editorial provided by Avera Sacred Heart Hospice

Simple Ways Medicare Part D Beneficiaries Can Save Money



The complexities of health care reform, an aging population and a higher incidence of chronic disease have created a growing need to help seniors

make their health care dollars go further," said Dan Luce, director of pharmacy affairs for Walgreens. "If cost is preventing some patients from taking medicine as prescribed, as the survey shows, it's always a concern because skipping doses or not refilling prescriptions can be a significant and costly barrier in treating illness. This underscores the need to educate Part D beneficiaries about how they can save on prescription and other health care costs."

* Talk to a pharmacist about cost concerns and ways you might be able to save. Switching to generic medications is just one simple way to save money. Also ask your physician if there is a 90-day medication supply option for any of your prescriptions instead of purchasing a refill each month. * Compare co-pay and other costs against your current plan and pharmacy and use a preferred network pharmacy if one is offered by your Part D plan.

When You Become The Parent Of Your Parent

Medical advancements have enabled people to live longer. Though everyone wants to live longer, some people outlive their ability to care for themselves. In such instances, family members must make a decision regarding how best to care for an elderly relative.

According to "Aging in Place in America," a commissioned study by Clarity(R) and the EAR Foundation, 63 percent of Baby Boomers are actively involved in providing some kind of help or assistance to their elderly parents. Whether this is due to the rising cost of elder care or simply a feeling of obligation



on the part of the child, many middle-aged men and women are responsible for caring for aging parents and young children.

The emotions that might result from caring for an aging parent are often mixed. Some people are happy to do their part to help make life a little easier for a person who devoted so much of his or her energy to raising them. Others in the sandwich generation can feel like this is a burden or guilty that they're not doing enough for a parent.

Signs an

elder needs help

When an older relative stops driving, this is often indicative that he or she needs assis-

tance with daily living. There also may be signs that support and care is needed, such as if the house seems untidy, if he or she is having trouble maintaining personal hygiene, if the parent is getting hurt attempting to do things around the house or if he or she seems malnourished due to the inability to cook meals. Limited

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enrolled in Medicare understand their benefits while managing health care expenditures.

One area is Part D, Medicare's prescription drug benefit program, where according to The Centers for Medicare and Medicaid Services, more than 31.5 million people were enrolled in 2012. A recent Walgreens survey examining seniors' understanding of Part D plans and health behaviors shows that more than one-third of those surveyed (37 percent) acknowledged daily concerns about their prescription drug costs. One in 5 surveyed said they've had to make sacrifices, such as delaying filling a prescription or skipping doses, to help manage medication costs.

"It's important for everyone to be able to afford the prescriptions they need, and with recent changes to Medicare and other programs under health care reform, it's critical for beneficiaries to fully understand their options and ways to There are some simple steps that Medicare Part D beneficiaries can take today to potentially save on prescription drug costs:

* Review your Medicare Part D plan. It is important to review your plan to make sure you're taking full advantage of all the benefits offered. Ask your local pharmacy staff to review the plan with you and suggest any potential areas to save. You can schedule Medicare Part D plan review appointments with a pharmacist.

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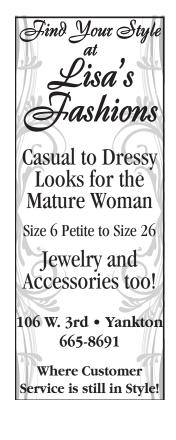
Scott Family Dentistry

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de pen-da-ble

Adjective 1. Capable of being depended on; reliable. Synonyms: good, responsible, safe, secure, trustworthy



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