

# RE-ENROLLMENT 2013

With the New Year beginning, the annual re-enrollment into the Ryan White Program begins for individuals receiving Care services. Each individual currently receiving Ryan White services thru a case manager at any one of the following: DeKalb County Health Department, The Project Quad of the Quad Cities, and the Whiteside and Winnebago County Health Departments, must complete "NEW" paperwork for 2013. This paperwork will need to be completed by March 31, 2013, in order to continue receiving services beyond this date.

For an individual to complete their Ryan White re-enrollment paperwork, he or she must meet with his or her case manager. **It is extremely important to re-enroll so the vital services you are currently receiving, such as: dental care, laboratory blood tests, monthly nutrition, etc.; will continue after April 1, 2013.**

When you meet with your case manager, please bring them a copy of the following documents:

1. Current Paycheck Stubs for 1 month or Social Security Benefits for 2013
2. 2012 W-2 Wage & Tax Statement or Social Security 1099 Benefit Statement
3. Current Copy of Medicaid, Medicare card or other insurance card, if applicable
4. Current Photo

ID



**CALL  
YOUR  
CASE  
MANAGER**

**TO SCHEDULE AN APPT.  
STARTING FEB 4th, 2013**



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**Newsletter Designer:**

Michael Macocco

## Attorney General Madigan, ICC Warn Utility Customers of Scam Artists Posing as Utility Company Reps, Demanding Payment

Illinois Attorney General Lisa Madigan and the Illinois Commerce Commission alerted utility customers to a recent scam targeting residents in the Chicago area in which someone claiming to be a utility employee asks for immediate payment of a bill either at a customer's door, over the telephone or by e-mail.

The ICC has received complaints from utility customers about scam artists claiming to be utility representatives, telling customers that their service will be disconnected unless payment is made directly to the scammers. The scammer may direct the consumer to purchase a prepaid credit card, "Cash Card" and to call them back with the personal identification number (PIN). The stories can vary, for example, with the scammer saying that the customer's billing cycle has changed and payment must be made immediately, that the account is past due and payment can be made to them directly to avoid disconnection of the utility service, or the customer's previous payment was rejected or never received.

"If someone appears at your door claiming to be from your utility company and asking for immediate payment of your bill, I would slam the door in their face, call the police and contact your utility company directly. Utility companies do not go door-to-door collecting payments," Madigan said. "Any consumer who has provided their personal information to make an on-the-spot payment to someone claiming to represent a utility company should contact my office's Consumer Fraud Bureau with the details."

ICC Chairman Doug Scott urged consumers to always ask for identification from those who knock on their door offering a "service." "Scam artists are good at what they do, so arm yourself with information before doing business with anyone who comes to your door or calls you on the telephone. Ask for identification and if doesn't look right to you, it probably isn't. You don't have to do business with anyone who shows up at your door or calls you asking for personal information," Scott said. "Contact the utility and check it out for yourself."

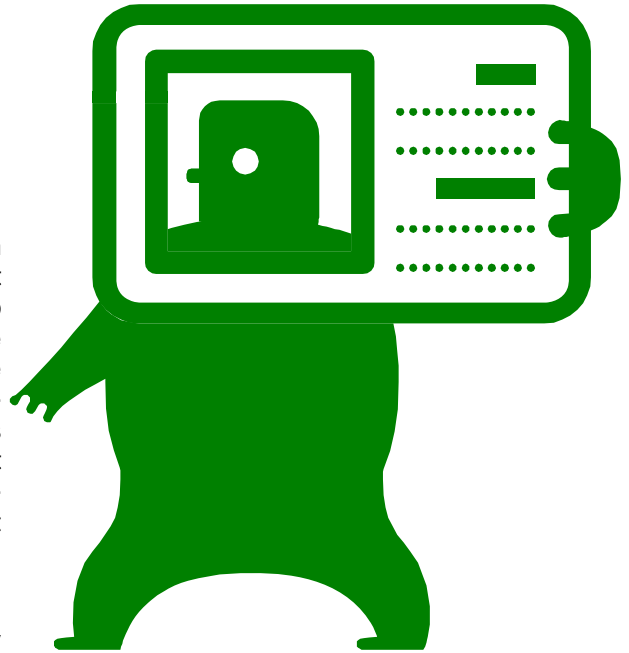
### **The Attorney General and the ICC offer these reminders to utility customers:**

\*Never provide personal information to anyone who comes to the door or calls you claiming to be a representative of the utility.

\*Contact the utility at the phone number listed on your bill to confirm the caller or the representative at your home is a verifiable employee of the utility. Do not call a different number suggested by the potential scammer.

\*Utility field personnel in Illinois do not take payments from consumers. Be on guard with anyone who asks for your personal information, or says you must pay immediately and suggests a method to get the money quickly.

If you suspect you have been scammed, have a suspicious incident to report or have questions, contact the Attorney General's office at 1-800-386-5438 or the ICC at 1-800-524-0795.





# REP CORNER

CLIENT

## Anthony Chandler

With the changing colors and falling temps our thoughts turn toward the holiday season. With that; the last thing we all want to think about is how sick we will be at the feasting tables. The Client Representatives are here for you. I am Anthony Chandler. I have been a client since 1995 and have seen many aspects of the epidemic; pills, sleepless nights, weird dreams and all the bad stuff too. As a rep, I have information on all aspects of our lives living with HIV. Please come see me or call to set up a time. Our meeting will be confidential. I look forward to meeting any and all of the clients during the next few weeks.

*Have a happy holiday season and see you soon!*

Contact information: Anthony Chandler Available by Telephone at 309-558-7030, between Monday - Friday 8:00 am - 8:00 PM or at [archandler2001@yahoo.com](mailto:archandler2001@yahoo.com).

## Paul Kelty

I moved back to the Quad Cities area from the East coast in 2011. With that move, I felt that I needed to give back to the community, starting with cooking meals for the TPQC dinners. I asked to become a Client Representative as I felt that I had experience in dealing with and surviving HIV infection that could help others who were dealing with new infection and old issues, as well as those who have been dealing with this long term. I have multiple auto immune disorders, and as a result have researched dietary and supplemental impact on people who are living with this disease. My main goal is to get people into care, and help them to maintain a healthy outlook on life and coping with the disease to prevent the debilitating side effects that can come along with it. Part of this goal was to start a social support group for those who are infected, and developing a supplement buying program for those in the group.

Contact information: Paul Kelty at 267-971-2544 or [Paulygriz@yahoo.com](mailto:Paulygriz@yahoo.com)



## HOLIDAY FOOD SAFETY

The holidays are a time for delicious feasts...not stomach upset. Food safety is especially important during these times, as food is being served in large amounts and in unique displays. Proper storing, cooking, and displaying large volumes of food will help prevent foodborne illness.

**Precautions to take for a holiday buffet.** Buffets are festive and fun, so make sure to take extra care during planning, preparing, and serving your holiday fare. Remember that the longer food items are left on the buffet table the longer foodborne illness bacteria have to multiply. Keep buffet servings small and replenish them often. Keep cold foods at 41°F or less and hot foods at 135°F or more. Never leave food at room temperature for more than four hours, unless you are going to throw out the leftovers.

**How can you tell if food is safe to eat?** It is not always possible to tell by taste, look, or odor if a food is safe to eat. Meat, poultry, and dairy products left at room temperature allow bacteria to grow to dangerous numbers. These bacteria rarely change the taste, look, or odor of food. If you know, or suspect that food has been left out for four hours or handled carelessly, throw it out. **Keep hot foods hot and cold foods cold.**

**Holiday foods which should be given special attention.** The majority of foodborne illnesses during holidays come from dishes such as meat trays, stuffing, potato salad (mayonnaise based salads), cream and custard pies, and eggnog. All these dishes contain meat, poultry, eggs, or dairy products and tend to be handled more than other foods during preparation. Bacteria transfer very easily from hands to food. Wash your hands between tasks and use clean utensils when preparing these foods. Refrigerate foods immediately if you prepare them ahead of time.

**Does thorough cooking eliminate the danger of foodborne illness?** NO! Although cooking kills most bacteria, bacteria can spread to food again after it has been cooled. Bacteria can transfer from raw to cooked foods if they come in contact with each other. Bacteria spread from hands to food and from soiled utensils to food. Remember that bacteria from meat and poultry can spread to foods you don't normally cook (i.e. using the same knife or cutting board on produce without washing it first).

**Prevent the spread of bacteria.** Wash your hands and kitchen utensils with soap and hot water after handling one food and before moving on to another. Never use the same cutting board for cooked foods and produce that you used for raw meat or poultry. Wash the cutting board and utensils with soap and hot water between uses.

**Preparing holiday dishes ahead of time.** Place prepared ahead foods in the refrigerator within 30 minutes after cooking. Reheat foods to 165°F before serving. Refrigerate cold dishes immediately after preparation.

Foodborne illness can cause diarrhea, vomiting, stomach cramps and other unpleasant symptoms which can last for several hours or even days. Don't let foodborne illness ruin your holiday season!



## Social Security Announces 1.7 Percent Benefit Increase for 2013

Monthly Social Security and Supplemental Security Income (SSI) benefits will increase 1.7 percent in 2013, the Social Security Administration announced.

The standard Social Security Income Payment will rise to \$710.00 a month, up from \$698.00 a month.

Clients that receive Social Security payments should remember to bring in a copy of the new benefit amount to their Case Managers when they re-enroll.

## What to Know About Medicare in 2013

The New Year will bring improvements and other changes to Medicare. Here's a brief rundown of what to expect in 2013.

You'll get bigger price breaks on brand-name and generic drugs in the "doughnut hole." If you have a Medicare drug plan and reach the coverage gap, you'll receive bigger discounts on your prescriptions – about 53 percent for brand-name drugs in 2013 (compared with 50 percent this past year) and 21 percent for generics (compared with 14 percent in 2012). The discounts will continue to grow each year until the doughnut hole disappears in 2020.

### Medicare premiums will increase only slightly.

The monthly premium for the part of Medicare that covers doctor visits and outpatient hospital care will increase for most people by only \$5, to \$104.90, in 2013. The Part B premium has gone up slowly over the past five years – an average of less than 2 percent annually. The standard premium amount is calculated each year according to a mathematical formula. It takes into account Medicare's costs the previous year and the fact that the government pays 75 percent of Part B's costs while beneficiaries pay the other 25 percent.

### Medicare deductibles will increase modestly.

Besides new premiums, there are new deductibles for 2013. These are the amounts you pay out of pocket each year before Medicare kicks in and covers its share of the bills. The Part B deductible for doctor appointments and other outpatient care will be \$147, compared with \$140 this past year. The Part A deductible for up to 60 days of inpatient hospital services will increase about 2 percent, from \$1,156 in 2012 to \$1,184 in 2013. If you're dissatisfied with your Medicare Advantage plan, you can quit it beginning Jan. 1.

If you're unhappy with your private Medicare Advantage health plan, an annual "disenrollment" period allows you to return to the traditional fee-for-service Medicare program between Jan. 1 and Feb. 14. You can also pick a drug plan to go with your new coverage.

A word of caution here: There are a few things you can't do during the six-week disenrollment period. You can't switch from one Medicare Advantage plan to another. Nor can you switch from the traditional Medicare program to an Advantage plan. Most people will need to wait until the annual enrollment period in the fall to make either of those changes.

### You'll pay less for walkers, wheelchairs and other medical equipment.

You're likely to reap hundreds of dollars in savings each year from the new way that Medicare will pay for medical equipment like home hospital beds, walkers and wheelchairs. The reform takes effect in dozens of additional metropolitan areas starting July 1.



### Connectors

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