

maturetimes

FOR TODAY'S ACTIVE SENIORS

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**DESTINATION:
SAVINGS**

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WELLMED

**WellMed opens
a new, grander clinic
in the Lower Valley**

See Page 2

Photo: Dr. Mauricio E. Jimenez, Dr. Angela Jones Allen
and WellMed Staff

WellMed opens a new, grander clinic in the Lower Valley

Photos and story by
Ricky Jimenez Carrasco

WellMed Senior Clinic has opened a new and improved Lower Valley clinic to better serve the community. The clinic, located at 501 N. Yarbrough Building B, specifically serves older patients usually in retirement age and above. The clinic boasts a new 10,650 square foot, state-of-the-art facility that centers on giving each patient a more comfortable visit, while also being able to deliver a more extensive variety of services. While their old offices are still there and are being repurposed into a Palliative Specialty Clinic, the new facility now has 15 exam rooms, an X-ray machine and in-house labs so that most patients can be diagnosed and treated all in the same building, instead of being outsourced to other locations.

The clinic will hold their official grand opening on November 27. The event is meant to be an open house to show off the new facilities and services to the community. The opening will be headlined by Little Joe y La Familia who will be performing their hits free to the public!

April Sanchez, Community Marketing Liaison for the new office, is very proud of what the clinic brings to the lower valley community. She



On site Laboratory, diabetic eye machine and X Ray

says that while the larger offices do allow them to see more patients, that is not the reason they decided to expand. "Many of our patients have gone to other clinics and have become accustomed to waiting for hours. Those clinics are trying to get in upwards of 60 patients a day. Our focus is on the ongoing preventative maintenance of each patient. This facility allows us to have less wait time, and therefore, more time with their physicians."

El Paso's demographics show that a large portion of the population is getting older.



Whereas the far east side and upper valley portions of the city are seeing a rise in younger families, the valley is home to an older population that has been there for decades. These are specifically the patients that Gloria Alarcon, clinic administrator, wants to serve. "WellMed is geared to geriatric patients. We care for them so that they can live a longer, more productive life. Our patients want a place that caters to their needs, treats them like family, in an office that is comfortable and easy to maneuver."

Though a more comfortable environment is a positive, what makes any medical facility run is its people. The new clinic boasts two experienced doctors in Dr. Mauricio Jimenez and Dr. Angela Jones Allen, Continues on next page



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WellMed opens...

Continued from page 2

... three nurse practitioners and more than twenty other staff members.

Dr. Angela Jones Allen has worked in the Lower Valley community for over 15 years and she is well acquainted with the type of patients that she continues to serve in this community. "Geriatric patients can be a challenge, but it is so rewarding, and it is easier in a facility like this! We wanted this to be a place that feels more like a home. It is supposed to be inviting where a patient can come for all their medical needs, whether it be preventative, ongoing or routine care. We don't want them to only go see a doctor in the hospital emergency room when a situation gets dire."

"In the US, people are living longer and we need to keep them healthy so they can have a good quality of life. We have people living independently and driving well into their 80s and even



Teresa Alarcon, Nurse Practitioner

90s! It's our job to maintain their activity level up as comfortably as possible. Now, if I see that my new patient is a 70-year-old, I'm thinking that's still a young person!"

Since WellMed caters to older patients, they typically see certain maladies that come with advanced age. Dr. Allen explained that every new patient receives an overall health screening when they come in. "Preventative counseling is a big part of the process. Though a patient may come in complaining about a pain in one part of their body, it may simply be a symptom of a condition in a different part. We measure a patient's vitals when they come in; height, weight, blood pressure, BMI (body mass index), EKG, and x-rays. We want to see where they're at so we can start working right away."

"Our biggest problem that we see come in is Type II adult onset diabetes. If you see that you are 'pre-diabetic', we will start to treat you like are already diabetic and begin treatment hoping that you don't become full diabetic. We will advise you on what you should eat and drink and advise you on your activity level so that we watch your weight." Continues on page 10

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ROSALINDA ALMANZA

5 Tips for Selecting Your Medicare Coverage before Dec. 7 Deadline

By Aaron Burton, Central West Region Sales Director, Humana

If you have Medicare but haven't selected a 2018 Medicare Advantage or Prescription Drug Plan, the Dec. 7 annual enrollment deadline is quickly approaching. Here are five simple steps to help you make the best decision:

1. Review your current Medicare health plan. Analyze how much you've spent on health care during the past year, including hospital expenses, prescriptions and doctor bills. This will help you estimate your 2018 health care expenses and determine if your current Medicare plan still meets your medical and financial needs.

2. Know your options. Choices include:

- *Original Medicare*, which provides basic coverage for medical expenses without coverage for most prescriptions, and includes cost-sharing in the form of deductibles and coinsurance. This is Medicare Parts A and B.
- *Medicare Advantage*, which includes all of the coverage offered under Original Medicare through a private insurer, and may include added benefits, such as dental, hearing and vision coverage, a nurse advice line and fitness program, as well as prescription drug coverage. Medicare Advantage plans are steadily gaining popularity, with the number of enrollees more

than tripling since 2004 to 17.6 million or nearly a third of Medicare beneficiaries, according to the Kaiser Family Foundation. This is Medicare Part C.

- *Medicare Prescription Drug Plans*, which offer coverage for prescription medications, and can be added to Original Medicare, a Medicare Supplement (Medigap) plan or some Medicare Advantage Plans that do not include prescription drug coverage. This is Medicare Part D.

- *Medicare Supplement Plans*, which pay some costs not paid by Original Medicare, like deductibles and coinsurance. Enrollment in a Medicare Supplement plan is not limited to the Medicare Annual Enrollment Period and these plans do not have a set provider network.

3. Comparison Shop. Once you choose the type of Medicare plan that best fits your needs, research the costs, benefits and network of doctors and hospitals associated with each plan. Check to see if your hospital and doctors are included.

4. Consider the “extras” included. Some Medicare Advantage plans include extra benefits, such as a fitness program and exercise classes specifically designed for people with Medicare. Others include dental, vision and hearing benefits. De-

termine how important these added benefits are to your lifestyle and wellness needs.

5. Get help. Shopping for a Medicare plan can be daunting, but there are resources available to assist you. You can call 1-800-MEDICARE (1-800-633-4227) (or TTY: 1-877-486-2048) 24 hours a day, seven days a week for 2018 Medicare plan information. Or you can call Humana at 1-888-204-4062 (TTY users can use 711). Websites like www.Medicare.gov and www.humana.com/medicare can also help you research plans available in your area before the Dec. 7 Medicare Advantage and Prescription Drug Plan annual enrollment deadline.

It's also important to note that the plan you select by Dec. 7 will be your Medicare plan for all of 2018, with few exceptions, so it's smart to carefully research your options prior to the deadline.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits may change on January 1 of each year.

THINGS TO THINK ABOUT BEFORE APPLYING FOR DISABILITY BENEFITS

By Ray Vigil | Social Security Public Affairs Specialist in El Paso, Texas

Social Security is with you throughout life's journey. We're here for you if the unexpected happens. We are there for you when you finally stop working as well. We provide vital financial support to tens of millions of American workers, primarily through retirement benefits. But we're also there for you if the unexpected happens and a serious medical condition stops you from working and being able to support yourself and your family.

In such cases, you may qualify for Social Security disability benefits, which replace a portion of lost income when a worker becomes seriously disabled. Here are three of the key factors we use to determine if you may qualify for Social Security disability benefits:

- You must have a lasting medical condition so severe that it prevents you from doing the work that you did in the past or adjusting to other types of work;
- Your physical or mental impairment(s) must have lasted or be expected to last at least a year or result in death; and
- You must have worked long enough — and recently enough — in jobs covered by Social Security.

To learn more about disability benefits, please visit www.socialsecurity.gov/disability. You become eligible for Social Security benefits by working and paying FICA taxes, which translate into Social Security “credits.” How many credits you need to receive disability benefits depends on how old you are when you become disabled.

For example, if you become disabled at age 31 or older, you generally must have earned at least 20 credits in the 10 years immediately before you became disabled. Twenty credits are equal to five years of substantial earnings. Younger workers may qualify with fewer credits.

Continues on page 11

Give your current Medicare plan its annual checkup!

You may be eligible to enroll in a Medicare Plan right now. Call to see if you qualify.

Compare your current plan with Humana Gold Plus (HMO). You'll find that Humana may give you more of the benefits you really want. Check the benefits your plan offers compared to what Humana offers here in El Paso.



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Weather 101

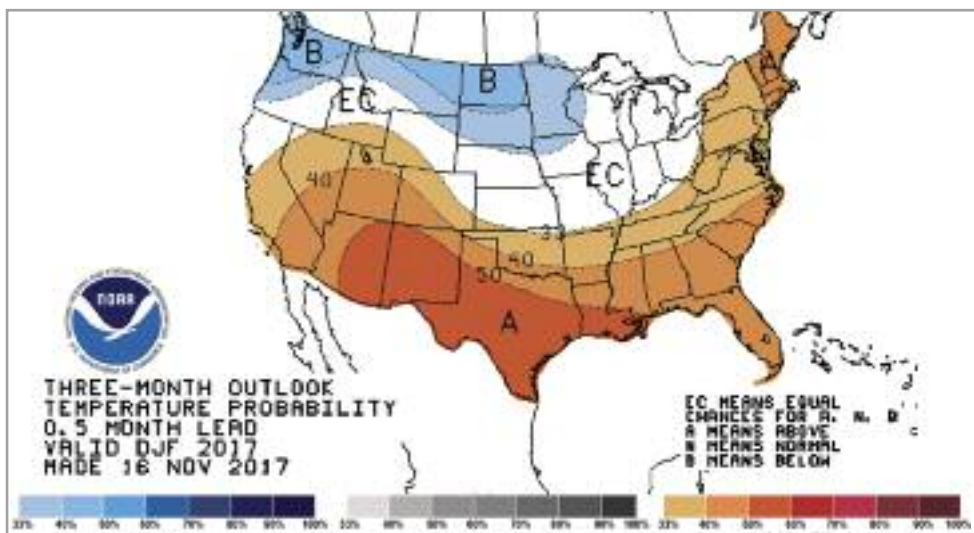


Outlook for Winter

By: "Doppler" Dave Speelman

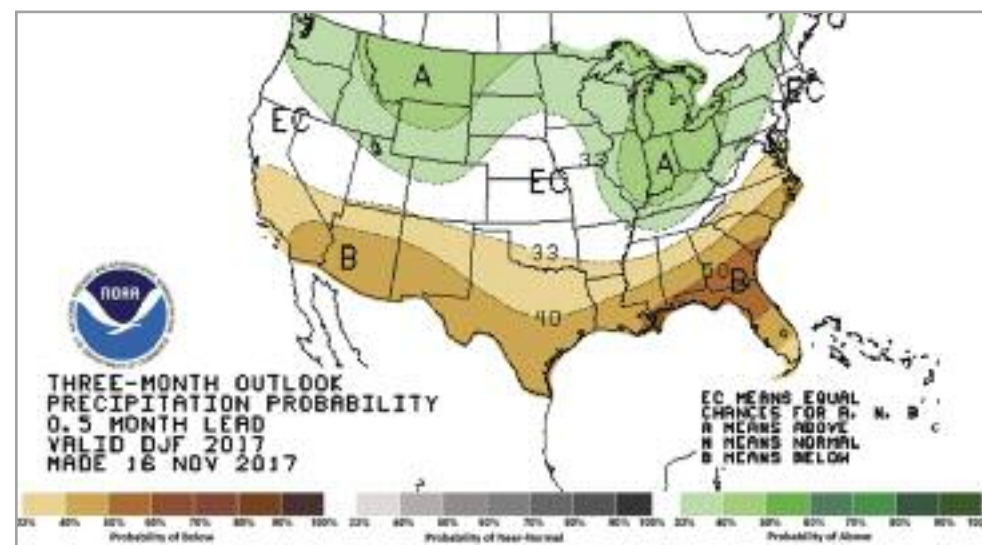
Here is one of the forecasts for our upcoming winter. I'm not anticipating much snowfall at all here in El Paso. My prediction is just shy of one inch.

Temperature Outlook – Climate Prediction Center



Temperatures are expected to be warm for the winter across a good part of the country – especially for the El Paso area. The bulk of the cold air is expected to stay well north. The computer models have more of a difficulty determining what will occur in the “EC” area – an equal chance of having above, normal or below normal temperatures.

Precipitation Outlook – Climate Prediction Center



Precipitation (both rain and snow) is expected to be below average. It appears that the El Paso area will not see too much of any rain or snowfall over the next several months. However, we can never rule out a storm or two that could impact us with a surprise or two. Perhaps some good snowfall farther north including the Northern Plains, Midwest and Northeast.

Weather Trivia:

If the air temperature is 40 degrees but the wind chill makes it feel like 28, will water freeze?

True or False

Answer: False
High winds make most of us feel more miserable than normal. But high winds don't have the same effect on inanimate objects. High winds can't force the object's temperature below the air temperature. So, if the temp is 40 degrees and the wind chill is 28, water flowing through your hose will not freeze.

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8 Tips on Walking to Avoid Winter Weight Gain

Just 22 minutes a day can keep you healthier all year round

By Susan Weber Buchholz

The leaves are falling from the trees, and you're likely making plans for the winter holidays. What you may not have a plan for is how to avoid winter weight gain. Eating in moderation is a great place to start, but so is being more physically active. One of the easiest and most popular aerobic activities is walking. Here are a few tips to keep you walking more and staying healthier this winter:

1. Dress appropriately for cold weather walking. Wear comfortable walking shoes or boots, plus loose-fit-

ting clothing and easily-removable layers for when you warm up while walking. Don't forget a warm hat, scarf and gloves, which will keep you from losing too much body heat and exposing your skin to cold air.

2. Plan ahead for walking in the cold. If you can walk whenever you desire, walk during the warmest part of the day. If it's windy, try to start your walk facing into the wind so the return walk is easier. If you get cold, turn around and get back inside. If it's dark, wear reflective clothing and



Photo Credit: Adobe Stock

carry a flashlight.

3. Find great places to walk (outdoors and indoors). Find great outside routes to walk in your neighborhood. If it's too cold, icy, snowy or just not safe, join your local gym or find a school or community building with open walking hours. You can always find an indoor mall.

4. Find a walking partner. Some people prefer solitude when they walk, but many people love to have a walking partner. If you enjoy walking with others, pick someone with whom you can talk and enjoy the scenery. Just remember to walk with someone who will keep you moving, but not outpace you. And find someone who is committed to walking regularly.

5. Start a new holiday walking tradition. Another great way to get others to walk with you is to recruit your own family and friends. Ask them to take a brisk walk with you before or after you sit down to eat that holiday meal together.

6. Use a physical activity monitor. There is always a certain amount of satisfaction that comes at the end of the day when your physical activity monitor lets you know that you have

met your step goal. You can be even prouder of yourself if you have done that on a cold winter day. There are great choices on the market that come with many options, like joining groups, and monitoring your health. And most smartphones now have monitors built in, or are available through the app store.

7. Talk with your health care provider if you have concerns. If you have not been physically active, check with your health care provider to make sure it is fine for you to start walking. For the vast majority of people, walking is a safe activity.

8. Just get started and keep moving. Walking briskly 22 minutes a day (for a total of 2½ hours a week) gives you wonderful health benefits (including helping to control weight gain). As a nurse practitioner, I know that the greatest challenge for many of my patients is just getting started. Just begin with a short walk. Then think creatively about how you can get more steps in. Before you know it, you will become a regular winter walker.

(This article was provided through The OpEd Project, whose mission is to increase the range of voices and quality of ideas we hear in the world.)

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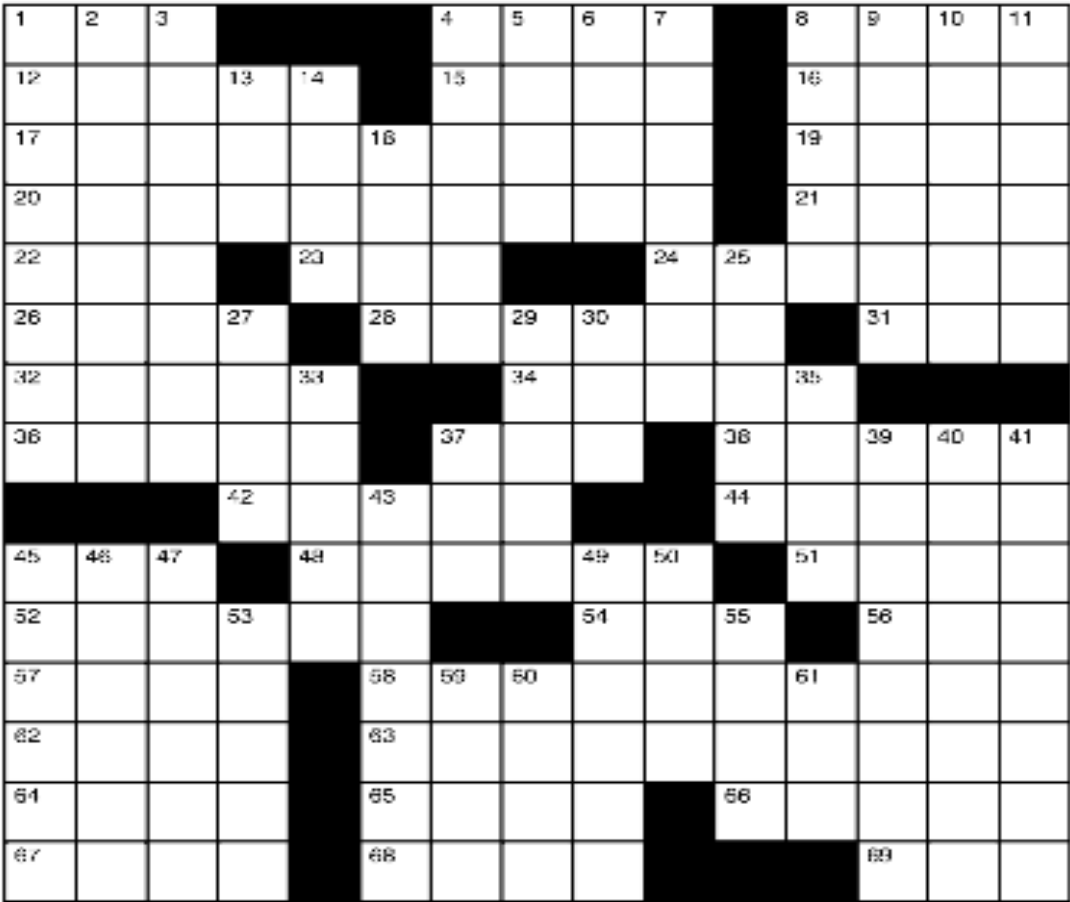
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- 4 Fluent
- 8 Asparagus ____
- 12 *Podrida* pots
- 15 Lacoste of tennis
- 16 Exam
- 17 Teacher's stand
- 19 ____ Scotia
- 20 Government report
- 21 What's ____ for me?
- 22 Ben of Lew Wallace story
- 23 Was victorious
- 24 Songbird

- 26 Fake: abbr.
- 28 In ____ : kept as a surety
- 31 Syst. of units
- 32 Kind of bean
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- 36 Work: physics
- 37 Fish delicacy
- 38 Membranous parti-tions
- 42 Ointment
- 44 Reject
- 45 Pitching stat.
- 48 Restrain
- 51 Vicinity
- 52 Cows do this to cuds

- 54 Yes, in Rouen
- 56 "My Gal" name
- 57 Canadian prov.
- 58 Reverie
- 62 Uttered
- 63 Makes changes, as on prints
- 64 English school
- 65 Hautboy
- 66 Belief
- 67 Splitsville
- 68 Send an alert
- 69 Mdse.

DOWN

- 1 Small quail
- 2 Surliness
- 3 Coating with egg white
- 4 Unhappy sounds
- 5 Giant step
- 6 Concerning
- 7 Chamber
- 8 Invigorating drink
- 9 Incompatible with life's pattern
- 10 Topping a road surface
- 11 Lists of candidates
- 13 Do lines
- 14 Turn at an angle
- 18 Elks' org.
- 25 ____ chard
- 27 Ring wins: abbr.
- 29 Rah, for one
- 30 Dau. or bro.
- 33 Within ____ of
- 35 Onion
- 37 Miss Gabor
- 39 Taking chase
- 40 Worked an old Singer
- 41 Psychologists
- 43 Uncultivated
- 45 Penciller's helper
- 46 Tie together
- 47 Combat
- 49 Jersey corral
- 50 Music
- 53 ____ truck with: avoided
- 55 Say it ____ so
- 59 Hebrew weight
- 60 Fragrance
- 61 Terrace: abbr.

WellMed opens...

Continued from page 3

Part of the assessment may also be a visit to the patient's own home. Dr. Allen described the services: "Depending on what we find during the initial assessment, we will also send social workers to the home to evaluate their living conditions. Sometimes the environment can get a patient a patient sick or it can be dangerous to them. We get a lot of broken wrists and hips from people falling in their homes. Social workers will then see if they're being properly served, if they need assistance walking or moving around their homes."

April Sanchez reiterated that their primary clientele is the retirement age patient on a Medicare plan like from Amerigroup, Humana, Cigna HealthSprings, Care 1st , and UnitedHealthCare as well as traditional Medicare. "The valley is very senior-centric and many people who don't already have a regular physician should investigate if we're able to help them. We do many outreach and community events to raise awareness of the WellMed program. If you do qualify and you are interested in seeing our new and improved clinic, we look forward to working with you!"

For more information on the services provided by WellMed, be sure to click on www.wellmed.com or visit the innovative WellMed Senior Clinic – Lower Valley during their grand opening on November 27, 2017, from 3:00 pm to 5:00 pm featuring Little Joe y La Familia!

FOR TODAY'S ACTIVE SENIORS

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Make the Time

Q: My husband, our 3-year-old son and I live in a small town. My widowed mother also lives here. My husband and I both work, but my mom's health is failing, and she needs help. It seems like we are always busy.

I visit my mom every couple of weeks, but I feel guilty that I can't be with her more. How can I do better?

A: Review your options, and juggle your schedule to accommodate weekly visits. We can all make time for the things we really want to do.

Set a regular hour for the visit. Could you arrange for your husband to take care of your son for this hour? Alternatively, you could bring your son on some of these visits, which would help cheer her up.

Your mother needs both hands-on help and emotional support, like love, hugs, comfort and social interaction. These things are especially important for seniors, who tend to disengage from others because of medications, physical handicaps, addictions, financial struggles and other factors. They are often left to deal with these problems alone and find their self-esteem and morale diminished.

If you create a regular appointment, you will be demonstrating that your mother is a priority in your life. She will see this, and you'll be amazed at how much this will improve her morale. Even though she enjoys visits and support from neighbors and friends, they will never be the same bond of love and affection that she has with you.

Payback time only comes around once! Think to your own future, and set a good example for your son. -- Doug

Doug Mayberry makes the most of life in a Southern California retirement community. Contact him at dear-doug@msn.com. Emma, Doug's granddaughter, helps write this column.

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THINGS TO THINK ABOUT BEFORE APPLYING...

Continued from page 4

To see how many credits you have earned and to estimate future benefits, please log in to or create your *my* Social Security online account at www.socialsecurity.gov/myaccount.

Those who have not worked enough to qualify for Social Security benefits may be eligible for help through our Supplemental Security Income program, or "SSI." SSI provides financial assistance

to disabled children and adults, as well as the aged and blind people, who have little or no income or resources. Learn more about SSI at www.socialsecurity.gov/ssi.

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