

Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I receive \$1,300 each month from my Social Security retirement benefits. This is my only source of income, and I have about \$10,000 in assets. Do I qualify for Extra Help?

—John

Dear John,

Yes, based on your income and assets, you will likely qualify for Extra Help. Extra Help is a federal assistance program that helps to pay Medicare prescription drug costs for people with limited incomes.

In 2015, individuals who receive less than \$1,471 in income each month and have up to \$13,640 in assets should qualify for Extra Help. Married couples who receive less than \$1,991 in income each month and up to \$27,250 in assets should qualify for Extra Help.

Know that if you have Medicaid, a Medicare Savings Program, or receive Supplemental Security Income (SSI), you should automatically receive Extra Help.

You can apply for Extra Help online by visiting www.ssa.gov. You can also apply by calling the Social Security Administration at 1-800-772-1213 or by visiting your local Social Security office.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. "This information is republished with permission from the Medicare Rights Center. For more info visit www.medicarerights.org."

Welcome to Medicare

Spectrum Generations holds Welcome to Medicare informational sessions at its offices in Brunswick on the second Tuesday of each month from 12:30 to 2pm. These sessions are designed to help Medicare beneficiaries cut through the red tape of Medicare and its many "parts" so people can make informed decisions about their health care coverage. Free and open to the public. Registration is required. Call 729-0757 to register.



October 20, 2015 9am-1pm
 Cook's Corner Mall, Brunswick

Maine has the highest percentage of older adults in the country and the Mid Coast is where this population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance.

Spectrum Generations is a proud sponsor of the People Plus Senior Health Expo



Celebrity Chef Challenge

All proceeds benefit Meals on Wheels

Wednesday, September 16th
 Maine Maritime Museum, Bath

\$75.00 per person

\$550.00 per table of 8

Things are heating up!

Four Celebrity Chefs from mid-coast and central Maine compete in a fun, friendly competition of "best dish" using locally grown ingredients while following Meals on Wheels rules and guidelines.

Three Celebrity Judges have the difficult but delicious task of sampling each plate to choose a "Judge's Choice" winner. There will also be a "People's Choice" vote.

Silent Auction and Cash Bar at event.

All proceeds help end senior hunger by going back into our Meals on Wheels program which helps keep seniors happy, healthy and independent in their own homes, where they want to be. Good health starts with good nutrition.

The event sold out last year and is expected to do so again this year so make sure you get your tickets while they last!

Tickets can be purchased at:
spectrumgenerations.org/celebrity

Stay tuned for the release of this year's Celebrity Chef line-up, including the talented Celebrity Judge panel, our Keynote Speaker and other celebrity attendees.

For more information about this event, including sponsorship or ticket purchases:

Contact Nick Cloutier

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Spectrum Generations is an equal opportunity provider.