

Kin Care *Newsline*

Older Adult Edition

NEWS FOR KIN CARE CUSTOMERS

IN THE NEWSLINE: *Go To The Edge; Heart Surgery and Preventive Care; Medicare Benefits - Part II*

Newsline is published quarterly by **Kin Care, Inc.** Please let us hear from you.
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Go To The Edge

Hiking through Matthiessen State Park, in the lower dells recently, by Starved Rock State Park, we crossed flowing streams of water, hopping from rock to log, at times balancing like a ballerina on a rolling pencil, other times leaping from slippery rock to rock like sure-footed alpacas on a crumbling mountain-side. Along the way, flowing waterfalls, mineral streams, soaring cliffs and lush vegetation surprised our city-worn eyes, more used to a daily barrage of concrete and graffiti and honking cars, than the gentle splatter of falling water over sandstone caverns. It was easy to laugh, as we gave a hand to the person behind us, pulling that person to safety, aware that at any moment, one could fall in the several feet of water, scrape a knee, or possibly twist an ankle. Young and old, the hikers came across, with nary a misstep save for the nine year old boy who joyfully jumped onto a large boulder, and then promptly slid into the water. He was no match for the 80ish year old woman who stepped confidently boulder by boulder, ultimately stretching across a three foot divide, grabbing onto the next boulder by moving onto all fours, reaching for the rock, climbing onto it/hands and knees, and then repeating the process until she reached the other side. This process of stepping, balancing, and gripping, was repeated time and again, as we made our way down the path though the stream in the lower dells. As if nature didn't provide enough exercise, the 100 or so steps down into the dells challenged everyone, but was no contest for the 83 year old, who found the "extra" steps no match for someone who stared hip fracture in the face and brushed it off, unwilling to let fear stop a chance to do nature, if only this one time. It soon became clear the six-mile hike the day before was just the warm-up for this opportunity to not just see but experience the unexpected beauty and serenity of this canyon in the middle of the countryside.

That is, until the 25 foot ledge.

Needing to watch one's step, wanting to catch the

occasional waterfall and watching to avoid an encounter with the tall vines of poison ivy wrapped around trees, it crept up on us. Having negotiated innumerable log, boulder, and rock crossings, one expected more of the same, with varying degrees of challenge. One did not expect a narrow passage barely one foot wide, with multiple levels on the walkway, overhang above requiring those four foot and above to bend to the side, out over the 80 foot cliff, which went straight down, with nothing but rock to grab onto. Sure-footed alpacas would have no problem crossing the 25-foot ledge. Grandma's -- not so fast. Having missed the exit stairs just 20 feet before encountering "the ledge" the group stood and stared, except for the naive youngster who had already bounded across. Recognizing this was no "boulders and logs in a stream" a second member chose to test the ground for the remaining two members of the party who stood aghast as they watched their guide quickly pass them from behind and cross the ledge, bending down to touch the ground to make sure their was no slipping on the uneven path. Had there not been two slips the prior day, on mud and sand, one might not have worried as much. But those were unexpected and in benign appearing conditions. Open cliffs would show no mercy.

Willing to hang in there but recognizing the "path" had changed, the two were startled that there they stood, alone, on the edge of the ledge. Wondering what was going to happen, questioning whether they were next, wondering whether adventure was going to turn into misadventure, it was clear they had gone "to the edge" They could go further. The two-day, ten mile hike would end, not by challenging the ledge but by climbing the stairs one last time.

[Cont. from page 2, Medicare Part II](#)

Fully insured workers, and their dependants, who are diagnosed with end stage renal disease, may receive Medicare coverage with no waiting period.

**FROM THE
EXPERT**

Nutrition Bites

By Deborah Arneson, BS, MS, CCN
Nutrition Consultants

Heart Surgery and Preventive Care

A dear friend of mine had a quadruple bi-pass not too long ago. He has Medicare as well as supplemental insurance with Blue Cross. Here's what his surgery, his insurance and what it continues to cost him monthly. Treatments, tests, surgery and hospital stay \$90,000; doctors' fees \$60,000 – totaling \$150,000!

His current monthly layout is
\$ 210.00 for Supplemental Blue Cross
\$ 72.00 for Prescription Drug Program
\$ 516.00 for Medicines out-of-pocket
\$ 40.00 for Medicare Drug Plan

This totals \$838.00 a month out-of-pocket simply to keep up his monthly (doctor referred) medication fixes. I recommend looking at lifestyle, supplement and food adjustments. In the long run it's cheaper.

It is silly to ignore the factors that can contribute to heart problems. Reducing stress is #1 OR find ways to manage stress more efficiently such as exercise or meditation. #2 is to change your diet to a high intake of life-saving fibrous and healthy fat foods -- (consider reading the book Fries, Thighs And Lies by Deborah Arneson). Supplements such as CoQ10 bring oxygen to the heart while AlphaLipoic Acid lowers LDL levels. Inositol reduces blood clots risk, lowers cholesterol and triglyceride levels while the ACE vitamins are a must for anyone looking for protection for the heart.

Deborah Arneson, Licensed Clinical Nutritionist and consultant, is president of Advanced Nutrition Therapeutics (formerly Healing Quest Center, Inc.) If you would like more information regarding your path to health, please call Advanced Nutrition Therapeutics at 312.664.2288.

Legal Briefs

By D. Rebecca Mitchell, Esquire
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Medicare Benefits - Part II

Disabled adult workers and their dependents, and certain disabled dependants of retired or deceased workers, usually qualify for Medicare benefits 24-months after they begin receiving Social Security payments. Children of SSDI recipients are entitled to Medicare if they are under age 18, under age 19 and full-time students in primary or secondary school, age 19 and in their final semester as full-time students in primary or secondary school, or became disabled prior to age 22. Spouses of SSDI recipients are entitled to Medicare if they are at least 62 years of age. Spouses or others who are caring for dependant minor or disabled children or SSDI recipients, are also entitled to Medicare coverage.

Children of deceased or retired workers may qualify for Medicare if they became disabled prior to age 22. Disabled spouses of Social Security recipients, and uncertain disabled non-spouses, may receive Medicare benefits if they are at least 50 years of age and caring for eligible minor or disabled children. Disabled widows or widowers also become eligible for Medicare at age 50.cont. on page 1...

Kin Care, Inc. provides Geriatric Care Management, a consultation service, to older adults. **Kin Care, Inc.** also provides CILA housing and support services to persons with developmental disabilities in the homes of Kin Care host families and group homes. **Kin Care, Inc.** is accredited by **CARF**, The Rehabilitation Accreditation Commission. We maintain an open door policy. The results of inspections and reviews are available by written request. **Kin Care, Inc.** is an Equal Opportunity Employer.