

# BOOMERS & BEYOND

## On Medicare? Beware of COVID Card Scam

Have you received a phone call asking if you've received your new "special" Medicare COVID card? Beware: There is no such thing. It's a scam.

I did receive such a call. The person on the other end asked if I'd received my new card, which I'd heard nothing about, and proceeded to try to ask me a number of questions. She claimed there are a lot of fancy benefits that come with the COVID card.

In the name of research

for this column, I did not hang up immediately as I usually do. Instead, I went along with the caller, listening but not providing any information. I asked where they'd gotten my name and was told they were accessing the Medicare database. I was quickly convinced it was a scam.

I hung up and called the Medicare fraud line to report it. The fraud people were very glad I did.

Other forms of COVID scams include offering fast

eligibility for the vaccine, fake vaccine sign-up websites, fake testing and wellness kits, and fake contact tracers who want to know your Medicare card number.

Fact: There is no new Medicare card for COVID.

Fact: Medicare isn't going to call you about anything unless you have called or written to them and asked them to contact you by phone.

If you receive a call such as the one I got, hang up im-

mediately and then call to report it. Call 1-800-MEDICARE (1-800-633-4227), or HHS at 1-800-447-8477.

As for the fancy benefits the caller promised me, check your Medicare Summary Notice or Explanation of Benefits to be sure there are no errors for items and services that you do not get.

This might be the newest scam against seniors, so spread the word among your friends. There is no "special" Medicare card for COVID.

## New World, New Ways of Getting Things Done

We're in a whole new world now, and unfortunately it looks like it's not returning to normal anytime soon. So many things have changed, and we need to make some adjustments to how we take care of ourselves.

**Timing:** Whatever you need to do, do it earlier than you think you should.

If you're going to apply for Social Security, don't wait until the last minute. Staffing might be lower than normal, with fewer workers

to take up the slack. If you need an appointment, such as for an oil change for your car, do it sooner than you normally would, for the same reason. If you've been ordering groceries for pickup or delivery, you might notice a renewed slowdown in available time slots as stores, in many cases, have fewer clerks.

**Taking care of business:** Even if you eligible to receive the COVID vaccine, don't assume you can get one just by walking in.

Make an appointment. Ask about parking and physical distancing. Although the shot is free to all Americans, bring your insurance card to help the provider pay for administering the vaccine.

**Be proactive:** Do you know when your credit card expires? In the past you were likely sent a new one just before it expired, with instructions to cut up the old one. Now, with quite a few things slipping through the cracks, you

might not notice your card has expired until you try to pay for a grocery order. Check your card and anything else with an expiration date, including the date of the tag renewal for your vehicle. (Note: I learned the hard way that my state is no longer sending out notices of tag expiration.)

We can get through this, but we need to think about every step.

## Leisure Activities - Did you know?

Leisure activities may be widely viewed as fun ways to fill up free time, but the benefits of leisure activities extend beyond beating boredom. A 2011 analysis published in the journal BBA Molecular Basis of Disease found that leisure activities have a positive impact on cognitive function and dementia. The analysis, conducted by researchers with the Aging Research Center in Stockholm who examined various studies regarding the relationship

between certain activities and cognitive function, defined leisure activity as the voluntary use of free time for activities outside the home. After retirement, leisure time constitutes a large part of many retirees' lives, and finding ways to fill that time is more beneficial than merely avoiding boredom. The researchers behind the study concluded that the existing research is insufficient to draw any firm conclusions regarding the effects of certain types

of leisure activities on the risk for dementia and cognitive decline, though they did note that multi-domain cognitive training has the potential to improve cognitive function in healthy older adults and slow decline in affected individuals. A multi-domain approach to cognitive training involves memory, reasoning, problem-solving, and map reading, among other ac-

tivities. Aging adults who embrace activities that require the use of such skills may find that they're not only finding stimulating ways to fill their free time, but increasing their chances of long-term cognitive health as well.



### BATH FITTER™

THE BATH YOU'VE ALWAYS WANTED  
Installed in as little as one day



SAVE UP TO \$450\* on a complete Bath Fitter system

855-962-4793

\* Visit our website for conditions and offer details.



David Debysingh, R.Ph.



Mike Hankins, R.Ph.

### MCCOY'S PHARMACY IS BACK!

- ✓ Immunizations
- ✓ Medication Synchronization
- ✓ Rx Compounding
- ✓ Prescription & OTC Medication Counseling
- ✓ Convenient Drive-Thru

Free Delivery Within Cottage Grove City Limits



Open M-F 9AM-6PM  
Saturday 9AM-1PM

1205 N. PACIFIC HWY #3, Cottage Grove, OR  
541-942-7799 • mccoyspharmacy@mccoyspharmacy.com

### TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?



Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Independent Agent  
coverage4oregon@gmail.com

## GROVE MEDICAL EQUIPMENT

"BUILDING A HEALTHY COMMUNITY"

YOUR LOCAL PROVIDER OF HOME MEDICAL EQUIPMENT!

Sales & Rentals, Insurance Billing, CPAP/BIPAP, Home Oxygen, Mobility, Walk Aids, Bath Aides, Power Chairs, Power Scooters, Aids to Daily Living. Friendly & Knowledgeable Staff

148 Gateway Blvd (Bi Mart Plaza)  
Cottage Grove, OR 97424

541-225-5443

grovemedical@outlook.com

Join us on Facebook



Everything you need, all in one place.

shippingprintingnotarizing\*  
mailboxingfaxingpacking

The UPS Store



Safeway Shopping Mall  
1498 E Main St, Ste 103  
Cottage Grove, OR 97424

541.767.0888  
store5813@theupsstore.com  
theupsstore.com/5813

\*Available at participating locations.

Copyright © 2021 The UPS Store, Inc. All rights reserved. 17637010721

FAMILY PRACTICE • IMMUNIZATIONS  
PHYSICALS • SPECIALIZED CARE  
AESTHETICS • NEW PATIENTS WELCOME



Camas Swale

— MEDICAL CLINIC, P.C. —  
170 Melton Rd., Creswell, OR 97426  
www.camasmedical.com

(541) 658-5301  
Open M-F 8:30-7\*  
Saturday 8:30-4  
Closed Sundays  
\*Hours subject to change due to COVID 19

## MAGNOLIA GARDENS

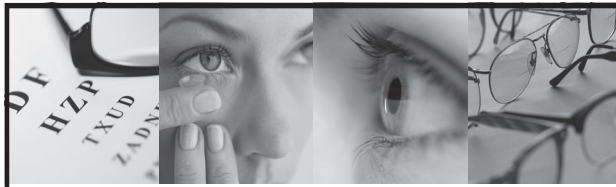
SENIOR LIVING



We are a full-service Assisted Living & Memory Care Community with 24/7 Immediate Placement for Urgent Admissions.

Call more information or to schedule a personal tour!  
(541) 942-0054  
magnoliagardenssl.com

1425 Daugherty Ave • Cottage Grove



# E

Everything for Your Eyes Only

Comprehensive family, medical eyecare and optical services  
We provide exams for Cataracts, Glaucoma, Diabetic and Lasik  
Serving Cottage Grove since 2006

Book an appointment today!

Medical, vision and flexible spending plans welcome.



Mon-Thurs 9M-5PM  
FRI 9AM-4PM  
257 N. 8th St 541-942-5000  
www.PCVI.com

## 55+ Senior Living



LIFE should be ENJOYED!

ASSISTED LIVING & MEMORY CARE

QUALITY SENIOR LIVING

- 24/7 Care Available
- Experienced Staff
- Fun Activities
- On-Site Salon
- Housekeeping
- Life Enrichment
- Entertainment
- Delicious Dining

Middlefield Oaks  
Senior Living Community  
1500 Village Dr., Cottage Grove, OR 97424

CALL TODAY FOR MORE INFORMATION!  
(541) 767-0080

MiddlefieldOaks.com

