

Begin choosing a Medicare plan before open enrollment starts

By Debbie Smith, Regional President, Senior Products, Humana's Western Region

When selecting a Medicare plan, you have a wide variety of choices, so you'll want to select the plan that best suits your needs.

Use this time before the enrollment period begins, on November 15, to get answers. Before choosing a plan, think about your healthcare needs and what's important to you.

Here are four simple steps to help you select a Medicare plan.

Step One: Review your medical spending from 2006 and 2007. Give yourself a "health-

care audit." In other words, review your records and receipts to determine your recent healthcare costs. Be sure to include charges from physicians, hospitals and pharmacy expenses for your prescription drugs or supplies. If you don't have good records, talk to your doctor's office or pharmacy.

Step Two: Identify future healthcare needs. Although none of us has a crystal ball that can predict what next year will bring, make an estimate on what healthcare services you may need. Do you have a condition that requires on-going, regular care? Will you need to continue on your current pre-

scriptions? What annual screenings should you expect? Talk with your doctors, especially if they have indicated you may need a specific procedure or service in the months ahead.

Step Three: Explore your op-

tions. There are many resources to help you better understand your options in selecting a Medicare plan:

•State Health Insurance Assistance Program – The Oregon Senior Health Insurance

Benefits Assistance Program (SHIBA) gives free local health insurance counseling. Visit www.shipusa.org or call (1-800-722-4134).

•www.medicare.gov enables
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Vernonian to walk 60 miles for cancer

Jeana Gump of Vernonia, Oregon, will join thousands of other dedicated women and men at the Arizona Breast Cancer 3-Day benefiting Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund. After months of training and fundraising, participants will walk 60 miles during three days to raise awareness and funds for critical research and community outreach programs.

"This will be my third 3-day walk," Gump said, "I originally got involved with the 3-day because a friend lost her Aunt to Breast Cancer. I had such an amazing wonderful time participating in that first walk, that I decided to do it again in 2006, and I did it. This year, I am doing it again and my ultimate goal is to walk in every city that has a Breast Cancer 3-day event. I can only hope that by the time I finish my goal, a cure

will be found.

"As a Breast Cancer 3-Day participant, I have an opportunity to celebrate breast cancer survivorship, honor those who lost their lives to the disease, and ultimately, have an enormous impact on awareness and funding for breast cancer research and community outreach programs. The Breast Cancer 3-Day is challenging, and fun, and the memory of my personal accomplishment will last a lifetime," Gump concluded.

The Arizona Breast Cancer 3-Day will start on Friday morning, November 2, and end with closing ceremonies on Sunday afternoon, November 4. The walkers will cover about 20 miles a day, traveling at their own pace. The walkers will be supported by hundreds of volunteer crew members who will provide meals, liquid and snack stops, gear transport, hot

showers, portable restrooms, safety on the streets and 24-hour medical services.

The actual journey starts months in advance when walkers start training and raising the \$2,200 required fundraising minimum. To help prepare for the Breast Cancer 3-Day, each walker is supported by coaches and online assistance that aid in all aspects of training and fundraising, while clinics, meetings, and training walks provide ongoing support.

To help Gump reach her goal, make a donation directly to her online donation page or join her team at <https://www.kintera.org/faf/search/searchTeamPart.asp?ievent=202306&lis=0&kntae202306=B9441ED6B67C47CAB47A3A8F49B05C6A&supld=0&team=1683556&cj=Y>. To learn how to participate or volunteer with the Breast Cancer 3-Day, visit www.The3Day.org or call 800-996-3DAY.

Body Mind Spirit Retreat scheduled

Body Mind Spirit Retreat's 2nd annual weekend retreat in Vernonia will feature exceptional guest speakers: Dr. Tooba Durrani, Heather Lewis, L.M.T., L.M.P., C.L.T., N.T., Dr. Stephen Scheer, and Deborah Steffen, R.Y.T., H.H.P., C.H.T., a Certified Chopra Center Instructor.

Open your mind as you read these questions and then ask yourself "could this weekend be a breakthrough for me?"

• Have you ever wondered why your relationships with friends and family have not improved despite all you have tried?

• Have you ever wondered why you aren't as healthy as you'd like to be despite all the different techniques you have

tried?

• Have you ever wondered how to find peace, serenity and a sense of wellbeing even with chaotic circumstances and multiple responsibilities?

This retreat is for you! Explore yourself and ways to support your mind, body, and spirit.

All workshops, yoga, qigong, food and lodging for only \$250, register by November 5. The retreat starts November 9, 5:00 p.m. through November 11, 2:00 p.m. at Cedar Ridge Retreat in Vernonia.

To enroll in the retreat or for more information call 503-429-2103 or 503-429-4677 today. For more information please visit www.aletheia-hti.com.

Fultz has great bodybuilding season

Although he took the 2006 competitive season off, Vernonia's Terry Fultz started training for the 2007 bodybuilding season in mid-summer of 2006.

The first competition of 2007 was the Oregon Championships, at Parkrose High School, in June. Fultz had a respectable come-back by taking second place. In addition, he

was presented with a special award for Most Inspirational Bodybuilder in Oregon. The award was presented by André Scott, of Blue Sky Productions, the promoter of the competition.

Next up was the Northern Classic, September 1 in Tacoma, Washington. Fultz captured the Over 60 title, and won the Best Poser at Show Trophy. Once again, to his surprise, Fultz received the Most Inspirational award.

September 22 found Fultz

on stage again, in Wenatchee, Wash., competing for the Evergreen State title. Fultz again took home the Over 60 championship and nearly won the Masters Men's Overall (for winners of the over 40 and over 50 classes, missing by a split decision to the Over 40 winner. For the third show in a row, Fultz was given the Most Inspirational and for the second time in the season, was awarded the Best Poser at Show. No other bodybuilder has been awarded

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