

# SMP MONTHLY

ISSUE NO. 31 | JULY 2022 |



## REMINDERS



Join us for the  
SMP Volunteer  
Meeting on Oct. 21, 2022  
at 11:00 AM.

- To join by computer  
Click [HERE](#)
- To join by phone dial  
646-558-8656, Meeting

Hello,

Happy summer to everyone! Many of you may be planning a vacation getaway and in this issue we wanted to review what to watch out for on your summer travels:

- Check travel advisories provided by the [US State Department](#) for the status of COVID-19 and weather related events, etc.
- Keep a photocopy of your credit cards and ID in case they get lost or stolen and the emergency numbers where you can report your lost or stolen cards and get replacements while you are away.
- Be mindful of your medication in your hotel room and luggage.
- Check your health insurance and trip coverage and make sure you are adequately covered in case of emergency or sickness.
- Avoid online shopping and banking via public Wi-Fi.

**Reminder:** We are taking the summer off to re-charge our batteries. Our next SMP Volunteer meeting is in October. But please consider joining us for StateWide's 50th Anniversary in September where we will be holding a special session for volunteers and meet our National Directors - Rebecca Kinney and Chiquita O'Cain. If you are interested in coming to convention, please reach out to Joan Akpan at [Joan@nysenior.org](mailto:Joan@nysenior.org) or call 800-333-4374. Enjoy your summer!



## HELLO MEDICARE, IS THAT REALLY YOU?

**Medicare will be conducting their Beneficiary Survey via phone due to the COVID-19 pandemic.** If you are chosen for the survey you will receive a letter to schedule a phone interview and alert you that NORC, a company working with Medicare, will be calling you.

To make sure the call is legitimate, you can contact the **Medicare surveyors (NORC) at 1-877-389-3429** to make sure it was them calling.



**Medicare Fraud Helpline 800-333-4374**

## Traveling Tips

To ensure a safe and enjoyable trip, it is important to plan ahead especially when it involves your health.

1. On the top of the list is to **visit your doctor** to discuss your trip and any concerns.
2. Bring along your [My Healthcare Tracker](#) with your list of medications. **Call 800-333-4374 to order one today!**
3. Be aware that [Medicare generally does not cover the cost of care outside of the U.S.](#), so check to see if your supplemental insurance may cover healthcare costs when you travel abroad.
4. **Keep emergency phone numbers handy** in case of an emergency. These numbers can include your doctor, family members, and the police department.

## Summer Safety Tips

1. **Keep cool** and avoid the outdoors on hot days.
2. **Take breaks** during physical activity.
3. **Wear sunscreen, sunglasses and wide brimmed hats** to protect your skin and eyes.
4. **Wear light-colored and loose fitting clothing** to help protect your skin.
5. **Drink 6-8 glasses of water** a day to stay hydrated.



## Meet Outreach Counselor Jennifer Sanchez

Jennifer Sanchez is a dedicated and resourceful social worker who has years of experience in ensuring that vulnerable seniors are not forgotten or marginalized.

As a Certified Dementia Communication Specialist and Care Consultant serving families during the pandemic, she worked tirelessly to facilitate virtual educational, wellness and supportive webinars to link homebound caregivers and seniors with access to vital information, resources and support from experts and providers in geriatric care management.

Jennifer has worked in housing case management for individuals coping with mental health and substance abuse disorders while battling chronic homelessness within the NYC shelter system. She finds great fulfillment in acting as a community liaison to increase awareness about all issues affecting seniors in alignment with her personal mission to empower people to take up the cause of advocating for our elders in the great state of New York and beyond.



Be on the lookout for add-on allergy testing. Review your MSNs for allergy tests you did not agree to when having other testing done.

The NYS Senior Medicare Patrol (SMP) can help you with your questions, concerns, or complaints about potential fraud issues. Please call the NYS SMP at 800-333-4374.

**STATE WIDE**  
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