

# SMP MONTHLY

ISSUE NO. 42 | JULY 2023 |



## REMINDERS



Join us for the SMP  
Volunteer Meeting on  
**October 20 at 11:00 AM.**

- To join by computer  
Click [HERE](#)
- To join by phone dial  
646-558-8656, Meeting  
ID: 533 682 2516

**Hello,**

We hope this edition of the NYS SMP volunteer newsletter finds you in good health as we dive into summer. In this edition, we bring you tips and information on how to stay safe and make the most of your summer adventures. So let's jump right in!

### STAY HYDRATED

- As the temperatures rise, drink plenty of fluids, especially water, even if you don't feel thirsty.
- If you're heading outdoors, bring a reusable water bottle and refill it frequently.



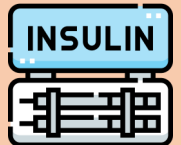
### BE SOCIAL

- Stay connected with loved ones, friends, and members of your community through phone calls, video chats, or in-person visits.
- Participate in local senior centers or community events that align with your interests.
- Engage in social activities that can help combat feelings of loneliness & keep your spirits high. (cont. on back)



## MEDICARE PART B INSULIN PRICE CAP EFFECTIVE NOW

The Inflation  
Reduction Act (IRA)  
capped out-of-  
pocket costs for  
insulin medications (limited to  
\$35/month) under Medicare  
Part D plans.



Beneficiaries whose insulin is  
covered under Medicare  
Part B will now also enjoy these  
protections.

If you have any questions,  
please call a StateWide  
counselor at 800-333-4374.

# Medicare Fraud Helpline 800-333-4374

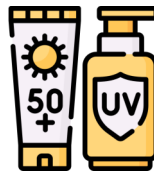
## TRAVEL SAFELY

- Before you leave, inform a family member or friend about your travel itinerary.
- Carry essential medications with you in your carry-on luggage.
- Stay alert and be cautious of your surroundings, especially in crowded areas.



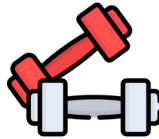
## PROTECT YOURSELF FROM THE SUN

- Wear sunscreen with a high SPF, a wide-brimmed hat, and sunglasses with UV protection.
- Seek shade during peak hours of sunlight, typically between 10 AM—4 PM.



## STAY ACTIVE

- Exercise in cooler hours.
- Listen to your body, pace yourself, and don't hesitate to take breaks when needed.



## BE SCAM SMART

- Only share your Medicare number with people you trust.
- Keep a record of all your medical visits.
- Always check your Medicare statements for errors.



The NYS SMP is here year-round to provide you with the resources, information, and support you need to protect yourself against fraud, errors, and abuse. Wishing you a wonderful summer!

## A Gold Medal to the JCC of Staten Island



JCC volunteers had a busy June with group meetings and a tabling event during the 2023 Senior Olympics. Keep up the great work!



L to R: Beth Nivin, Alicia Goodman, Susan Stambler, Paloma Wasserstein, Judith Fonti



## IMPORTANT REMINDER

We are taking a short break during the summer to recharge. Our next meeting will be OCT. 20. **But please consider joining us for StateWide's Annual Convention SEP. 11-13**

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.

