

Upper Eastside¹



Gracie mansion

October, 2014

How to Review a Medicare Plan

At the October meeting members discussed Medicare, and how to choose a Medicare plan. Various types of Medicare plans were reviewed followed by questions and answers. The following points were made:

- Difficulty in selecting a plan is due in part to not knowing what kind of medical services one will need in the coming year. Members were reminded that plans can be changed during the open enrollment period the following year.
- Frequent travelers should be sure to select a plan that also covers medical services in other geographical areas or different states. Medicare does not cover care outside of the U.S.
- A member recommended reading an article titled “Beware of Shifting Options Within Medicare Plans,” in the New York Times, October 3, 2014.
- Medicare.gov website has very useful tools to help select a plan that is best for an individual’s situation.
- A handout of the steps to take successfully to compare Medicare Prescription Drug Plans on [medicare.gov](http://www.medicare.gov) was distributed.
- A good resource to access is the Medicare Rights Center website: <http://www.medicarerights.org/>



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November 2014

Looking Back on Your Life vs. Looking Forward

Is it negative to spend time reflecting on the past vs thinking creatively about the time that remains? And, under which circumstances can both these activities be valuable tools for enhancing our current lives?

Opinions and observations included:

- In certain negative situations that are beyond our control, "it is what it is," but one can control their attitude to get the best outcome from the hand that has been dealt.
- Life is a series of chapters, and they need not be related.
- Although there is continuity and connection in life, that does not guarantee the prediction about the next step.
- Memoir-writing can be a fun means of making some sense of our lives, as well as a legacy for the younger generations. Classes on the subject are popular and available in the city.
- Most seemed to feel we are largely responsible for our own destinies, although luck is a big factor.
- We are not preoccupied with regrets. We have made our peace with them.

