

MIAMI BEACH SCENIORS

Keeping it Tropical and Vibrant

A Bi-Monthly
Newsletter
August 2013

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Recipe of the Month

Stuffed Green Peppers

- 4 green peppers (large, washed)
- 1 pound turkey, ground
- 1 cup rice, uncooked
- half cup onion (peeled and chopped)
- one and a half cup tomato sauce, no added salt
- black pepper to taste

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

Healthy Habits

August is National Immunization Awareness Month!

Vaccines (shots) help people prevent dangerous and sometimes deadly diseases. National Immunization Awareness Month is the perfect time to promote vaccines and remind family, friends, and coworkers to get caught up on their shots.

We can all use this month to raise awareness about vaccines and share what we know with our community.

- Talk to friends and family members about how vaccines aren't just for kids.
- People of all ages can get shots to protect them from serious diseases.
- Encourage people in your community to get the flu shot every year.

Despite the fact that flu vaccines can work less well in people who are 65 and older, there are many reasons why people in that age group should be vaccinated each year.

- People 65 and older are at high risk of getting seriously ill, being hospitalized and dying from the flu.
- Effectiveness of the flu vaccine can be lower among older people.
- In frail elderly adults, hospitalizations can mark the beginning of a significant decline in overall health and mobility, potentially resulting in loss of the ability to live independently or to complete basic activities of daily living. While the protection elderly adults obtain from flu vaccination can vary significantly, a yearly flu vaccination is still the best protection currently available against the flu.
- There are limited data to suggest that flu vaccination may reduce flu illness severity; so while someone who is vaccinated may still get infected, their illness may be milder.
- It's important to remember that people who are 65 and older are a diverse group and often are different from one another in terms of their overall health, level of activity and mobility, and behavior when it comes to seeking medical care. This group includes people who are healthy and active and have responsive immune systems, as well as those who have underlying medical conditions that may weaken their immune system, and therefore, their bodies' ability to respond to vaccination.

Content Source: Centers for Disease Control and Prevention, National

Trivia Question

To concentrate the flavor and bring out the natural sugars of

Center for Immunization and Respiratory Diseases (NCIRD)

Succeeding Seniors



Bernie strongly believes that life gives you something new to learn everyday and he is always thinking of a new project to pursue.

Rebecca Towers houses over 400 residents in its beautiful bay front complex on South Beach. There is always a celebration to attend, activities to engage in and a group of people to sit and chat with. One of the main contributors to the vibrant environment is Bernie Collado, a resident of four years.

Bernie's creative talent and experience in visual arrangements make him the perfect person to organize the various events held at Rebecca Towers throughout the year- including major holidays, talent shows and special gatherings. His warm and welcoming personality motivates people to feel happy and look forward to the new possibilities that life brings every day. To him, there is always something new to learn and a new outfit to wear.

cut-up vegetables, do this.

1. Bake at a low temperature for 3-4 hours
2. Roast in a hot oven
3. Steam them
4. Sautee in olive oil and sea salt

(Hint: Find the answer in red!)

For More Information

[Join](#) one or more e-mail groups from the City of Miami Beach. Interest groups range from newsletters and calendar of events to agendas and actions of meetings or more.

CONTACT US!

City of Miami Beach
Office of Community Services

305.673.7491

[Join Our Mailing List!](#)

Bernie worked as a visual display artist for major department stores in Chicago and Miami for over forty years and made a career of fashion design. His passion for learning new things inspired him to travel and learn about different cultures. At the age of 63, he graduated in Fashion Design from Miami's International Fine Arts College and participated in a jewelry exposition in Paris.

Bernie's biggest influence is his mother, who taught him to sew and be attentive to people. His dream would be to own a boutique but until then, he continues to make clothes and beautiful displays. A word of (fashion and life) advice from Bernie: "Something simple. You have to make a statement and it doesn't have to be expensive."

Shine on SHINE

Serving Health Insurance Needs of Elders (SHINE) is a state health insurance program for elder Floridians. SHINE provides educational materials and free unbiased insurance counseling to Florida elders, caregivers and family members.

Dear Kathy,

How can I get information about new insurance that will be available for people under 65 due to "Obama Care?"

Kathy: Go to www.healthcare.gov or call 1-800-318-2596. This website and phone number was set up to provide information regarding health insurance for people under age 65. Starting on October 1st, 2013, everyone under 65 needs to buy insurance. If you have insurance from your employer, you can keep that insurance. The website also explains how to program works for those whose income and assets are limited.

Dear Kathy,

I need help trying to understand and navigate Medicare Part B and Medicaid benefits. I would like to know whether I could apply for additional help with co-payments and deductibles in Medicare Part B. Also, I am having a hard time understanding if my Medicaid benefits are still in place. Will it be possible to make an appointment with you to discuss these matters? My daughter is my representative. Please advise ASAP.

Kathy: Medicare Part A covers hospitalization and most people do not pay a monthly premium for it because they have already worked 10 years (40 quarters) and paid taxes. It is possible to buy Part A if you have never worked the 10 years.

Medicare Part B covers 80% of medically necessary costs for out of the hospital items like: Doctors, labs, diabetes supplies, durable medical equipment. Everyone pays \$104.90 per month for the Part B premium, unless your income is greater than \$85,000/year. Then you pay more for Part B.

There is a Medicaid program to help those whose income and assets are low to pay for Part B. For a single person, if your income is less than \$1149 per month and your assets are less than \$10620 then you can get this help. If you are married, you have to have less than \$1551 in monthly income and less than \$10620 in assets. The program that pays the Part B premium is called SLMB. To apply, go to www.myflorida.com/accessflorida. Click on Apply for Benefits. Then it will ask you to make up a password and answer some questions about yourself. Then click on Apply for the Medicare Buy In program (this is SLMB).

A lot of people do not have the SLMB Medicaid program because their income and assets are over the eligibility limit. Those people either purchase Medigap Supplement Insurance or they join a Medicare Advantage Plan (HMO,PPO) to pay the other 20% that Part B does not cover. A SHINE Volunteer Counselor can assist you with this.

Sincerely,
Kathy Sarmiento SHINE Liaison
sarmientok@allianceforaging.org
305.670.6500 x 256.

Please call 305.670.6500 x. 211 for an appointment with a SHINE Counselor at Miami Beach City Hall.

August 2013 List of Events

Elder Financial Exploitation Presentation Federation Towers

757 West Avenue, . 2nd floor Meal Site
August 9th, 2013 12 pm
For more information, please call 305.673.7491

Mayor's Consortium for a Healthier Miami-Dade Elder Issues Committee

August 27, 2013 2:30 pm
Stephen P. Clark Government Center
111 NW 1st street, 29th floor Suite 29A

Miami Beach Food Truck and Music Fest

August 28, 2013
North Shore Bandshell
73rd street and Collins Avenue
www.mbculture.com

Walking Club for Adults

For registration or more information, call 305.673.7766

SHINE Counseling

City of Miami Beach Office of Community Services
305.673.7491
By appointment only

Golden Passport

Office of Commissioner Bruno Barreiro
Monday, Wednesday and Friday
305.673.7743

Free Legal Clinic

Coral Rock House
1701 Normandy Drive
Miami Beach, FL 33141
First Wednesdays of every month
For appointments call: 305.867.0051

Trivia Answer: 2. Roast in a hot oven

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