

## WY PULMONARY HYPERTENSION SUPPORT GROUP

307-856-6976 (Nancy) or 307-856-7783 (Cricket)

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# Breezeway

### Articles:

- Available Assistance
- Storing Documents
- Coping with PH
- Just for Fun
- 2010 meeting Schedule

### Did you know?

- It's not too late!  
Apply for a scholarship to attend 9<sup>th</sup> PHA Pulmonary Hypertension Conference - June 25 - 27, 2010 in Garden Grove, CA
- Information can be found here:  
<http://www.phassociaton.org/Conference/2010/Scholarships/index.asp>

## AGENCIES PROVIDING ASSISTANCE IN WY

### Paying for Health Care & Prescriptions Medicare

**Benefit:** Health insurance that helps pay for preventive care, doctor visits, hospital stays and prescription drugs.

**Who can apply:** People who are 65 and older, and younger people with disabilities or kidney failure.

**How to apply:** You can find your local Social Security office by calling toll free at **1-800-772-1213** and telling the operator where you live. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Medicare section. For information about the Medicare prescription drug coverage, call **1-800-MEDICARE** or log on to [www.medicare.gov](http://www.medicare.gov)

For additional assistance, call the WY State Health Insurance Information Program (WSHIIP) toll-free **1-800-856-4398** or log on [www.wyomingseniors.com/WSHIIP.htm](http://www.wyomingseniors.com/WSHIIP.htm)

### Medicare Savings Programs

**Benefit:** Pays for some of the costs of Medicare, including the Part B premium, deductibles, and co-payments. How much you get depends on income and assets.

**Who can apply:** People who get Medicare and earn less than \$1,190 per month for one person, or \$1,595 per month for a married couple.

**How to apply:** You can apply for the Medicare Savings Program at the local Department of Family Services (DFS) office, or by calling the DFS office. For a complete list of local offices visit <http://dfsweb.state.wy.us/> or call toll-free **1-800-856-4398**.

### Medicare Rx Extra Help

**Benefit:** Pays for the monthly fee and deductible for Medicare prescription drug coverage, and lowers prescription drug co-payments.

**Who can apply:** People who get Medicare

and have combined savings, investments, and real estate (other than your house) that are not worth more than \$11,990 if you are single, or \$23,970 if you are married and living with your spouse, and have a limited income.

**How to apply:** Call the Social Security Administration toll-free at **1-800-772-1213** and ask for the Medicare Rx Extra Help application. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Medicare section. For additional assistance, call Wyoming State Health Insurance Information Program (WSHIIP) toll-free at **1-800-856-4398** or log on to [www.wyomingseniors.com/WSHIIP.htm](http://www.wyomingseniors.com/WSHIIP.htm)

### Wyoming Prescription Drug Assistance Program (PDAP)

**Benefit:** For qualifying individuals, the benefit allows three prescriptions per month. Prescriptions are limited to a month's supply and the co-pay is \$10 per prescription for a generic drug and \$25 per prescription for a brand-name drug.

**Who can apply:** Wyoming residents with limited resources and income less than \$867 per month for one person, or \$1,167 for two people.

**How to apply:** You can apply for PDAP at the local Department of Family Services (DFS) office, or by calling the DFS office. For a complete list of local offices log on <http://dfsweb.state.wy.us/> or call toll-free at **1-800-856-4398**.

### Medicaid

**Benefit:** Provides medical coverage for hospital care, health center and clinical services, doctor care, nurse care, lab and X-ray services and nursing homes.

**Who can apply:** People who are 65 or older, blind or have disabilities with limited income, few resources, or in some cases, high medical bills. To qualify, you

## ASSISTANCE AVAILABLE FOR WYOMING CITIZENS (CONTINUED)

must meet Medicaid income and asset limits. Income limits vary, depending on the size of your family and where you live. Income limits also vary based on the particular Medicaid program for which you qualify, so contact the state Medicaid office for more information.

**How to apply:** You can apply for Medicaid, also known as EqualityCare health insurance in Wyoming, at the local Department of Family Services (DFS) office, or by calling the DFS office. Find a complete list of local offices <http://dfsweb.state.wy.us/> or call toll free at 1-800-856-4398.

### State Property Tax Assistance

**Benefit:** All Wyoming counties through the county treasurer will give a property tax refund of up to one-half of the prior year's property tax. The Wyoming Department of Health provides annual tax refunds to individuals 65 and over or residents with disabilities. The maximum benefit amount for a single person is \$800 and for qualified married couples is \$900. Amounts are reduced if income limits are exceeded.

**Who can apply:** Income and resource limits vary by county. You must have been a Wyoming resident for at least five years to qualify for the annual tax refund.

**How to apply:** Contact your county treasurer for information. You can also visit the Wyoming Department of Revenue website <http://revenue.state.wy.us> or call 307-777-5235 or 307-777-5283.

### Low Income Home Energy Assistance Program

**Benefit:** Pays heating and cooling bills, and some energy-related home repairs.

**Who can apply:** Low-income people with annual incomes less than \$21,952 for one person, or \$29,434 for two people.

**How to apply:** For application assistance call toll-free at 1-800-246-4221 or log on to <http://lieap.state.wy.us>

### Telephone Assistance

**Benefit:** Helps pay for the cost of basic local telephone services.

**Who can apply:** Qualified older adults with low incomes. You are automatically eligible if you are in one of the following

programs: Bureau of Indian Affairs (BIA) General Assistance, Federal Housing Assistance/Section 8 Programs, Food Stamps, Low Income Home Energy Assistance Programs, Medicaid, Supplemental Security Income (SSI), and Tribally Administered Temporary Assistance for Needy Families (TANF).

**How to apply:** Call your local phone company and tell the sales department that you want to apply for Link Up or Lifeline. For more information, go to [www.lifelinesupport.org](http://www.lifelinesupport.org) and click on Wyoming.

### Help Buying Nutritious Food

**Benefit:** An Electronic Benefit Transfer (EBT) card, similar to a debit card that you can use like cash to pay for food at most grocery stores.

**Who can apply:** People with limited income and resources, especially people 60 and over.

The program has been revised, so you may now be eligible, even if you did not qualify in the past. Find out today!

**How to apply:** Contact the Wyoming Department of Family Services at 307-777-6786 or <http://dfsweb.state.wy.us/>

### Cash Assistance

#### Social Security

**Benefit:** Monthly checks. How much you get depends on how long you have worked, how much money you earned, where you worked, and your age when you began getting benefits.

**Who can apply:** Workers who are 62 or older, people with disabilities, or the spouse and children of a deceased or disabled worker who paid into the Social Security program.

**How to apply:** You can find your local Social Security office by calling 1-800-772-1213 toll-free and telling the operator where you live. Or, you can go to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Retirement section. You must make an appointment at your local Social Security office to apply.

#### Supplemental Security Income (SSI)

**Benefit:** Monthly checks.

**Who can apply:** People who are 65 and

older, have a disability, or are blind and have very low income and assets.

**How to apply:** You can find your local Social Security office by calling 1-800-772-1213 toll-free and telling the operator where you live. Or, visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Disability & SSI section. You must make an appointment at your local Social Security office to apply.

### Other Information

#### Eldercare Locator

Connects older Americans and their caregivers with sources of information on senior services. Call 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov)

#### Senior Information Hotline

For additional information about other programs and resources for older adults, call the Wyoming Aging Division toll-free at 1-800-442-2766 or 307-777-7986. Or, visit <http://wdh.state.wy.us/aging/index.html>

#### Legal Help

If you need a lawyer but have limited resources, contact Wyoming Legal Services toll-free at 1-800-442-6170 or 307-332-6626. Or visit [www.wyominglawhelp.org](http://www.wyominglawhelp.org)

**For a Quick Link to all of these programs, visit:**

[https://www.benefitscheckup.org/index.cfm?partner\\_id=22](https://www.benefitscheckup.org/index.cfm?partner_id=22)

*Source: AARP Foundation*

Benefits Outreach Program

Call: 1-888-687-2277

Email: [benefitsoutreach@aarp.org](mailto:benefitsoutreach@aarp.org)

## ARE YOUR DOCUMENTS IN A SAFE PLACE?

Your most valuable documents don't belong under your mattress. A safe-deposit box is a secure place to store items that would cause panic if lost.

Many banks and credit unions rent safe-deposit boxes. The annual cost can range from less than \$50 to more than \$400, depending on where you live and what size box you need. In addition to the important documents listed below, consider using a safe-deposit box to store personal items that have great sentimental value or would be difficult and costly to replace.

### What to Keep in a Safe-Deposit Box

- Insurance policies
- Birth, marriage and death certificates
- Adoption papers and divorce decrees
- Deeds, titles, mortgage papers and lease contracts
- Military records and citizenship papers
- Stock and bond certificates
- A videotape or DVD inventory of your home and all its contents

### What NOT to Keep in a Safe-Deposit Box

- Originals of wills, trusts and power of attorney documents
- Medical care directives
- Funeral or burial instructions

So what should you do with your important items that shouldn't be kept in a safe-deposit

box? Store them in a safe place at home, such as a fireproof/waterproof safe, where they are more easily accessible in a hurry. You might want to consider giving the originals of these documents to your estate-planning attorney and making a copy to keep at home or to give to a close relative or friend. Even more important, make certain the person you've appointed in your power of attorney and medical care directives has an original copy of these documents.

Once your records are safe, be sure you keep them up to date. **Quick Tip:** As a precautionary measure, keep a separate list of the items in your safe-deposit box and make a habit of checking the box at least once a year—if only to keep from forgetting where you hid the key.

Source: *Pulmonary Hypertension Association*.  
<http://www.plan.gs/ArticleAction.do?orgId=6&articleId=9489&op=showPrintVersion>

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### Please Note:

Bill Winter, an estate attorney, will be our speaker at the February 13, 2010 meeting in Riverton. He will explain Advance Health Care Directives and other important legal documents. Start a list of questions and bring them to the meeting.



## COPING WITH PULMONARY HYPERTENSION

Individuals with PH struggle each day to cope with the frustration and obstacles that the disease creates in their lives. Below are some tips that may assist you in effectively dealing with these issues:

- Simplify your daily routine.
  - Try to reduce sources of stress in your life.
- Do the things you enjoy.
  - Find an activity that brings you pleasure and that will not take a toll on your health.
- If you are able, and your doctor approves, moderate exercise is beneficial to you.
  - For some, exercise is best performed in a controlled environment such as a pulmonary rehabilitation center.
- Talk to someone.
  - Find someone appropriate to talk to (a friend, relative, doctor, or therapist)
- Become aware of how you are feeling.
  - Depression is common in people with serious illnesses.
  - Be sure to discuss how you are feeling with your doctor, who may be able to help.

Source: *Insights on PH*, Gilead Sciences, slide 22.





Answer these questions about popular Christmas carols

1. Where would you go to hear Silver Bells? \_\_\_\_\_
2. Who was it that danced with the silk hat on his head? \_\_\_\_\_
3. What did the cattle do to wake the poor baby? \_\_\_\_\_
4. When did I see those three ships? \_\_\_\_\_
5. What is it that helps to make the season bright? \_\_\_\_\_
6. Who kept time to the drum? \_\_\_\_\_
7. Where do the hopes and fears of all the years meet? \_\_\_\_\_
8. What would keep me warm all the way home? \_\_\_\_\_
9. What does Susie want? \_\_\_\_\_



F S N O W M A N Y P V W R U E  
 X I U E I L I G O F I A R H T  
 U C R C T U O L D N G K L I A  
 C S E E G I A Z T S O R F B R  
 C N O N P R H E O M H Q C E G  
 H M E P B L R W C Y P K M R I  
 I P O E E K A L F W O N S N M  
 L O A G T O Q C I Z U C P A U  
 L R Z A K O C P E I J J D T Z  
 Y T H O T C H O C O L A T E J



chilly  
 fireplace  
 frost  
 hibernate  
 hot chocolate  
 migrate

penguin  
 polar bear  
 snowflake  
 snowman  
 white  
 winter

**Answers:** 1. In the city, 2. Frosty the Snowman, 3. Lowing, 4. On Christmas Day, 5. Turkey & some mistletoe, 6. Little Drummer Boy, 7. In thee tonight, 8. If you really hold me tight, 9. A dolly.

**WYOMING  
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WEBSITE:

Newsletter Archives &  
Group News

<http://tinyurl.com/6x673h>

<http://tinyurl.com/ywb6e3>

PHA's National  
Patient-to-Patient Helpline  
800 - 748 - 7274

Disclaimer

We encourage readers to discuss their healthcare with their doctors. This newsletter is intended only to provide information on PH/PPH and not to provide medical advice on personal health matters, which should be obtained directly from a physician.

PHA and WY PH Support Group will not be responsible for readers' actions taken as a result of their interpretation of information contained in this newsletter.



**Support Group Meetings for 2010**  
Held at the Riverton Public Library, 1 – 3 PM

- February 13<sup>th</sup> ..... Bill Winter, Estate Attorney  
Health Care Directives
- April 10<sup>th</sup> ..... Karen Buck, RRT, Cheyenne Regional Medical Center  
Breathing Lesson & Harmonica Techniques
- June 12<sup>th</sup> .....(Tentative) Mike Fisher, M.D., WY Cardiopulmonary Services  
PH & Sleep Disorders
- August 14<sup>th</sup> .....(Tentative)  
Coordinating with ERs and EMTs
- October 9<sup>th</sup> .....(Tentative)  
Traveling w/ Portable Oxygen Concentrators

**NOTICE**