

October 2019



# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

## State Health Insurance Assistance Programs (SHIP)



The State Health Insurance Assistance Program, or SHIP, is a federally funded, state program that offers free, objective, and local one-on-one health insurance counseling and assistance to people with Medicare and their families about Medicare and related programs.

People with Medicare can visit a local SHIP office or call a toll-free phone number to speak to one of over 200 trained counselors / volunteers throughout Kentucky. The SHIP programs are located within our 15 Area Agencies on Aging.

SHIP counselors provide unbiased, personalized counseling about Medicare and Medicaid and information on other health insurance coverage options, including these concerns:

- Medicare benefits and rights
- Complaints about medical care or treatment
- Billing problems
- Health plan and prescription drug coverage options
- Health plan application and enrollment assistance

SHIP's goal is to help people understand, compare, and enroll in programs and plans, including

- Medicare
- Prescription Drug Coverage
- Medicare Advantage Plans
- Medicare supplement insurance (Medigap)
- Long-term care options
- other public and private health insurance coverage options.

SHIP can help you apply for the Extra Help and Medicare Savings Programs, helping you save money and get the care you need.

**We do not promote or sell insurance products**

**Barren River: (866) 452-9243:** Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren

**Big Sandy: (800) 737-2723:** Floyd, Johnson, Magoffin, Martin, Pike

**Bluegrass: (866) 516-3051:** Anderson, Boyle, Bourbon, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford

**Buffalo Trace: (800) 564-7084:** Bracken, Fleming, Lewis, Mason, Robertson

**Cumberland Valley: (800) 795-7654:** Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

**FIVCO: (866) 516-3051:** Boyd, Carter, Elliott, Greenup, Lawrence

**Gateway: (800) 862-0526:** Bath, Menifee, Montgomery, Morgan, Rowan

**Green River: (800) 928-9093:** Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster

**KIPDA: (888) 737-3363:** Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble

**Kentucky River: (800) 928-5723:** Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe

**Lake Cumberland: (800) 264-7093:** Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne

**Lincoln Trail: (800) 264-0393:** Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

**Northern Kentucky: (866) 516-3051:** Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

**Pennyrile: (800) 264-0643:** Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg

**Purchase: (877) 352-5183:** Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Marshall, McCracken

## **It's that time of year again!**

**We are HERE to HELP you with enrolling in Medicare Part D and Advantage Plans!**

**Call us to get help!**

**There are local events in YOUR AREA!**

**Don't wait – Call Today!  
Enrollment goes from  
October 15 – December 7th.**

**1-877-293-7447  
State SHIP Hotline**



## **Mark Your Calendar!**

The Commonwealth of Kentucky's Department for Aging and Independent Living would like to invite you to attend our first **Kentucky Senior Hunger Summit**. This one-day event will be held on **October 30, 2019, 8:30-4** in Frankfort, Kentucky at Buck Run Baptist Church.

Nearly 5 million older adults currently face hunger in our country. Many seniors find themselves facing an impossible choice daily: to buy groceries or get needed medical care. In Kentucky, 16.6% of the 60+ population suffer from food insecurity – a 10% increase over the last four years. Extensive research has shown that a strong correlation exists between food insecurity and chronic health conditions. According to one study, food-insecure households spend about 45% more (\$6,100) on medical care per year versus people in food-secure households (\$4,200).

The goal of the first Kentucky Senior Hunger Summit is to connect community partners in finding real solutions for tomorrow to start to transform our system today.

Follow the link below to register or contact DAIL for more information. And if you are interested in sponsoring or displaying at the summit, please let us know!

<https://chfs.ky.gov/agencies/dail/dql/apdsb/Documents/KentuckySeniorHungerSummit.pdf>

**Kentucky Cabinet for Health  
and Family Services  
Department for Aging and  
Independent Living**

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**Senior Hunger Summit**  
Cabinet for Health and Family Services  
Department for Aging and Independent Living

<http://chfs.ky.gov/dail/default.htm>