



Caregiver Tip of the Month – September 2011

Notes from Area Agency on Aging of North Idaho

Maintaining a Healthy Lifestyle

As we move into the busy fall season, remember to balance work and highly scheduled time with personal time. Enjoy the fruits and vegetables prevalent at this time of year. Exercise 5 days a week for at least 30 minutes a day or vigorously 3 days a week for 20 minutes each day and strength training 2 to 3 times a week. Get regular checkups, asking the kinds of questions that will help you understand your own body and make appropriate choices regarding your health.

If you are on Medicare, take advantage of the new preventative benefits. We are living longer and we are dealing with chronic disease longer. As 10,000 baby boomers join the ranks of Medicare every day now, there have been put into place some beneficial supports through the Medicare program for preventative screenings. These can make you aware of potential problems and help you deal with them more quickly. Most of these are “free” from your doctor if he/she accepts the Medicare assignment, i.e. the value Medicare has listed for the service.

New to Medicare? Your “Welcome to Medicare” visit is a basic interview that screens for a variety of symptoms; it is not a physical exam. However, if tests are done as a result of this screening, those tests will be no cost or minimal cost for this one time only.

For more information see physical activity guidelines at www.cdc.gov. Contact Betsy Bullard, Area Agency on Aging, at 667-3179, ext. 222, or email infoassist@aaani.org to find out more about these topics and other resources or visit our website at www.aaani.org.