**Newsletter Date: October 2018** 

# **Geriatrics Newsletter**

# Did you know?

Brown Medicine -Geriatrics offers after hour access to on-call physicians, same day sick visits and weekend appointments for urgent issues. Please call the office for more information and/or to schedule an appointment.

Caregiver support and care resources are available to you at our practice... please contact our Clinical Social Worker, Kerri Kelley, LICSW (ext. 1004), for more information and/or to schedule an appointment.

# **Vaccination Information**

#### Flu Vaccine:

Flu season will be quickly upon us—
please remember to get your flu vaccine before the flu gets you...Call the
office to schedule.



#### **Pneumococcal Vaccine:**

- CDC recommends 2 pneumococcal vaccines for all adults 65 years or older.
- You should receive a dose of PCV13 first, followed by a dose of PPSV23, at least 1 year later; if you already received the PCV13, then the CDC does not recommend another dose.

### **Shingles Vaccine:**

- A new shingles vaccine called Shingrix (recombinant zoster vaccine) was licensed by the U.S. Food and Drug Administration (FDA) in 2017.
- The CDC recommends that healthy adults 50 years and older get two doses of Shingrix, 2 to 6 months apart.
- Shingrix provides strong protection against shingles.
- Shingrix is the preferred vaccine, over Zostavax® (zoster vaccine live).

### Medicare Open Enrollment

Medicare open enrollment begins on October 15, 2018 and runs through December 7, 2018. During the annual enrollment period you can make changes to various aspects of your coverage.

Senior Health Insurance Counselors are available to you if you require assistance in choosing the best plan to meet your own specific coverage needs. You can access this free service by contacting your local senior center or by calling SHIP at 401-462-0510.

The Rhode Island Senior Health Insurance Program (SHIP)

- -Part of a National Partnership to help consumers make informed health care choices
- -SHIP Counselors provide one-to-one, unbiased counseling
- -SHIP Counselors can discuss Medicare, Medicare Part D, supplemental insurance, etc.

# Geriatric Education Series

Brown Medicine geriatrics is in the process of developing a unique education series geared towards educational topics that are of interest to seniors. We are currently looking to explore options that interest you. Please feel free to contact us to provide any recommendations...your input will help make this initiative a success.

Contact: Kerri Kelley, LICSW and/or Karolyn McKay, RN (401-649-

# Patient Family Advisory Council (PFAC)

Did you know that Brown Medicine Geriatrics has a Patient Family Advisory Council? Also, referred to as PFAC, this committee meets quarterly to discuss ways in which we can improve our practice and provide excellence in patient care. We are always recruiting new committee members so please consider joining today...your participation will ensure that your voice can be heard on how we deliver care. If interested, please contact Kerri Kelley, LICSW (401-649-4010 ext 1004).

#### **Telemarketing Fraud**

When you send money to people you do not know personally or give personal or financial information to unknown callers, you increase your chances of becoming a victim of telemarketing fraud.

Warning signs of telemarketing fraud— what a caller may tell you:

"You must act 'now' or the offer won't be good".

"You've won a free gift, vacation, or prize". But you have to pay for "postage and handling" or other charges.

"You must send money, give a credit card or bank account number, or have a check picked up by the courier". You may hear this before you had a chance to consider the offer carefully.

"You don't need to check out the company with anyone". The callers say you do not need to speak to anyone including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.

"You don't need any written information about the company or their references".

"You can't afford to miss this 'high profit, no risk' offer".