

# Amazing Aging!

**For Seniors and Those Who Love Them**

**A free publication of the Jayhawk Area Agency on Aging, Inc.**  
**Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties**

**FALL 2019**



## ***Our Mission***

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



**Vicki Julian and Joan Martin hold their book, *I'm Just Joan (and I'll keep on dancing)*. The two friends collaborated on Joan's memoir. (Story on page 3.)**

# A Message from Susan Harris, JAAA Executive Director

Grandparents Day was September 8th. Did you take time to celebrate grandparents? Little Frannie and I found ourselves at the Topeka Shawnee County Public Library where we checked out a few books about grandparents. We then went and read with Grandma and Papa and enjoyed spending time with them. One of our favorite books we found was "Llama Llama, Grandma and Papa."

National Caregiver Month is in November. Jayhawk Area Agency on Aging has several events planned to celebrate caregivers. The theme this year is "Caregiving Around the Clock." Caregiving is a tough job and is truly done

around the clock. We recognize the challenges that family caregivers face and how they manage them day and night. Over half of family caregivers are women. One out of every four caregivers reports diminished family relationships. Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities. Over a million American young people, aged 8 to 18, care for an adult relative on a daily basis. Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.

This November, we will remember and celebrate the people who lovingly give

baths, clean houses, shop for, cook meals for, and comfort the millions of older adults and ill people who are friends and loved ones. We encourage everyone to reach out to a caregiver for an older adult that they know and ask what you can do to help make their job a bit easier. Something as simple as going to the grocery store for them or offering to be with their loved one so that they can have a break can go a long way to helping caregivers reduce the stress they can feel. As a caregiver the healthiest thing you can do for yourself is to fit naps into your schedule. Round-the-clock caregiving is never easy, but when your loved one takes a break, don't do another task, you take a break too. It's important to not wear yourself down or who will take care of you?

October 15th starts Medicare Open Enrollment, which runs through December 7th. This is the time that Medicare Beneficiaries are given the opportunity to shop and compare Medicare Part D plans as well as Medicare Advantage Plans. We encourage all Medicare Beneficiaries to take the opportunity to review their current Medicare Part D plan or Medicare Advantage Plan to see if that plan is going to continue to be the appropriate plan for you with regard to cost and coverage. Plans can change annually what they charge in premium, as well as costs you will pay at the pharmacy counter ... it is in your best interest to review your plan and compare coverage options and make changes if necessary. We have a team of individuals ready and able to help you through this process.



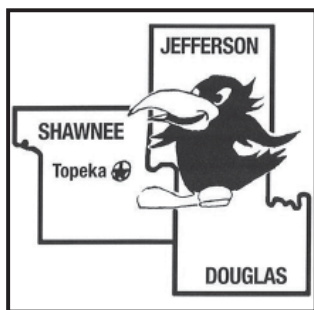
**Susan Harris**

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You are encouraged to write us at:

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Marsha Henry Goff, editor



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*Amazing Aging* strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at [mhgink@netscape.net](mailto:mhgink@netscape.net) or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

**Visit us online at [www.jhawkaaa.org](http://www.jhawkaaa.org)**



# Good friends Joan Martin and Vicki Julian collaborate on memoir

By Marsha Henry Goff

"I like to think of my life as a series of adventures and I go from one adventure to another," says 88-year-old Joan Hagan Martin. "I've met many wonderful people and it is still amazing to me that people are so interested in me. It blows my mind."

Her conversation is sprinkled with the word love. She loves to teach art classes. She loves KU basketball. She loves to watch Western movies. She loves her friends and she especially loves Vicki Julian. "There couldn't be any better person I've been associated with here in Lawrence who has been so nice to me as Vicki. I love her dearly."

"Joan always talked about her experiences," Vicki says, "and when she expressed to me that people said they were interested in her stories and told her she should write a book, I said, 'I can do that for you.'"

Two years and over a hun-

dred hours of interviews later, Joan's memoir — I'm Just Joan (and I'll keep on dancing!) — is published and available on Amazon in both print and electronic versions. Joan returned to Lawrence in 2006, after living in California and Las Vegas. She and Vicki, who has authored several books and taught classes in memoir writing, met in 2008 at Trinity Lutheran Church where both were active in Trinity's Terrific Singles.

The memoir begins with what Joan describes as a wonderful childhood in the 1800 block of Tennessee Street with her maternal grandparents and paternal grandmother nearby. Her grandfather used to keep his cows where Lawrence High School is located. As Joan progressed through school, she occasionally encountered discrimination. When she went into a drugstore and ordered hamburgers and cokes with high school girlfriends who were white, the waitress returned to their booth to say



**Joan is pictured assisting in a delivery at St. Luke's Hospital in 1970.** The drawing appeared in *Life in Kansas City*, a book commissioned by Kansas City Life Insurance Company.

that her boss would not allow her serve Joan. Her white friends told the waitress if she couldn't serve Joan, they didn't want to eat there and all of the girls left.

But Joan never let racism upset her. "Sometimes it's not me or what I am," she says. "It's just ignorance on the part of other

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## CHAMPSS Orientation Sessions

**Lawrence:** Lawrence Public Library, first Monday of each month at 2 p.m.

**November 4   December 2   January 6**

**Shawnee County:** JAAA, first Wednesday of each month at 1:30 p.m. Shawnee residents must call JAAA receptionist to register for an orientation.

**November 6   December 4   January 8**

**Jefferson County:** residents may enroll at Topeka or Lawrence orientation sessions.



Joan stands beside Paul Whittier aboard his yacht named Paul Lu.



# Memoir

CONTINUED FROM PAGE THREE

people. My parents taught me well."

Her parents expected her to go to college after she graduated from high school. Already a suburb artist, she was accepted at the prestigious Art Institute of Chicago, but instead of enrolling she married her boyfriend Mason Nelson and moved to Kansas City where they had two children, Jonell and Steve. When her children were in school, she secured employment at St. Luke's Hospital and worked there for ten years. It was the first of four hospitals where she would be employed, usually as an OB Tech.

When she and Mason divorced, Joan and her children lived in an apartment near the Plaza. They had just dined on chipped beef on toast when shots rang out. She locked the doors, covered the windows, grabbed a quilt and took her children to the bathroom located between two bedrooms. They all spent the night praying in the bathroom and learned the next morning that a man had been killed on their lawn.

With her children in college, Joan moved to California where she soon returned to the hospital work she loved. At Westside Hospital, she eventually became manager of central supply and was named Employee of the Year. "They gave me two parties, one in a Beverly Hills Hotel and when I came down the stairs in my beautiful pink dress and pink shoes with little bows on them, I thought I looked fabulous!" Joan exclaims with a grin.

In California she met many celebrities although she was far from star struck; she just regarded them as new friends she met. "My cousin's daughter was married to Ted Lange, the bartender on Love Boat, and they had many parties that allowed me to meet radio and TV stars. I was invited to Anthony Quinn's art show and Dick Van Dyke came to one of mine."

At Westside, she guided Mr. Blackwell, famed for his annual worst-dressed list, to the room of the Gabor sisters' mother who was hospitalized. She admits to being surprised by his shabby attire which included a sweater with a hole in it. And when Gladys Knight's daughter was hospitalized, Joan especially enjoyed having lunch with the singer.

A subsequent marriage ended in divorce, leaving her with the last name of Martin, but her world really changed when she was hired as a cook by Paul and Lucy Whittier, a very wealthy couple (think yacht and Lear jet) with whom she lived and traveled. "All I did was cook. I always liked to cook. It was fun. It wasn't like I was working and I saw so much beautiful scenery. It was an adventure to me."

On the very first day of her employment, Joan was injured when a heavy board fell on her foot. The Whittiers made an appointment with their doctor and accompanied her to see him. They worried that she would be unable to accompany them on an upcoming trip on their Lear jet to their vacation home in Canada. Joan, who initially thought she would be fired because of the accident,



Joan sells her elegant pen-and-ink note cards in boxes of six and 12. Note cards in color are also available.

was determined to go and did. However, because of her injury, she admits, "Instead of me cooking for them, they took care of me." Mr. Whittier made cocktails, while she and Mrs. Whittier played rummy. The couple quickly adopted Joan as part of their family.

She especially enjoyed traveling on their yacht where she cooked three meals a day, feeding the crew first, then the Whittiers and their guests, lastly she and the woman who served as housekeeper on board. Often she was given a \$500 bonus in appreciation of her work. Sadly, her employment with the Whittiers lasted just over a year when Mr. Whittier entered the hospital and was not expected to return home. She secured similar work in Las Vegas with another couple who traveled frequently on business and left her to take care of their home. They, like the Whittiers, treated her like family.

She returned to Lawrence

when her son, employed by Hallmark, asked her to move back to be near him. She said she was glad to do so because she was ready to return to the town where she was born and grew up. She was 75 when she came home but had no intention of relaxing. She taught watercolor at the senior center, quitting in her 87th year. She says she has enjoyed teaching people of all ages and explains, "I love it because children are so young and full of energy and I like to teach older people as well. You never quit learning. Many seniors take classes because they want something to do. This is fun for me to bring out the art that is in people."

Joan has a loving relationship with her entire family and talks with her 92-year-old cousin Barbara, who lives in California, every day. She takes great pride in her children, daughter-in-law and grandchild-

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dren, to whom she dedicated her book. Both Jonell, who manages a Chico's in Atlanta, and Steve "helped with the book's timeline," Vicki says, "ensuring that the stories were in sequence." As for her grandchildren — Jonell's daughter Erin and Steve and Denise's son Werner — Joan says happily, "Whatever Grandma wants, Grandma gets."

With Christmas coming, Joan is busy creating watercolor calendars and placemats and lovely pen-and-ink greeting cards for sale. Should you be interested in purchasing her creations, her phone number is 785-393-5355. She and Vicki will be doing a book signing at the Senior Resource Center in Lawrence, 8th and Vermont

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From childhood to the present day, Joan's life has been a series of welcome adventures.

## Caregiver Support



Support groups are a place to receive and give support.

Many family caregivers need time to vent in a safe place.

1st Monday of the month at Topeka/Shawnee County Public Library, Perkins Room  
1515 SW 10th Street 2:00PM

1st Wednesday of the month at Baldwin Methodist Church  
708 Grove, Baldwin City 1:00PM

2nd Tuesday of the month at First Southern Baptist Church  
4300 W 6th Street, Lawrence 1:00PM

2nd Monday of the month at Topeka/Shawnee County Public Library, Anton Room  
1515 SW 10th Street, Topeka 3:30PM

3rd Wednesday of the month at Lawrence Public Library  
707 Vermont Street, Lawrence 3:00 PM

3rd Thursday of the month at Topeka/Shawnee County Public Library, Perkins Room  
1515 SW 10th Street, Topeka 2:00PM

The meeting once a month is a gentle reminder that family caregivers need to put themselves first even if only for a couple of hours each month!





# Rick Harrell: Wizard in Wood

By Marsha Henry Goff

Near Clinton Lake in Douglas County, a distinctive Amish-built structure holds wooden treasures crafted by Rick Harrell with help from his mother Shirley Harrell. His treasures range from cradle to grave: cute rocking horses — destined to become heirlooms passed down from generation to generation — and beautiful boxes lovingly-designed to hold a loved one's ashes.

Need a plaque or clock to show your pride in a favorite team? Or a quilt rack? You can buy those at Rick's Wood Shack. There are

also chairs that turn into step-stools, cedar chests, tables with built-in magazine racks and mirror holders.

In addition to his woodworking business, Rick, who retired from Farm-land Industries, stays busy as a Handyman. "But if he's in the shop, I am," says Shirley with a smile. Sanding, varnishing and measuring wood is quite a change from baking elaborate wedding cakes or driving the rural school bus which she did for 53 accident-free years, but she loves to do it.

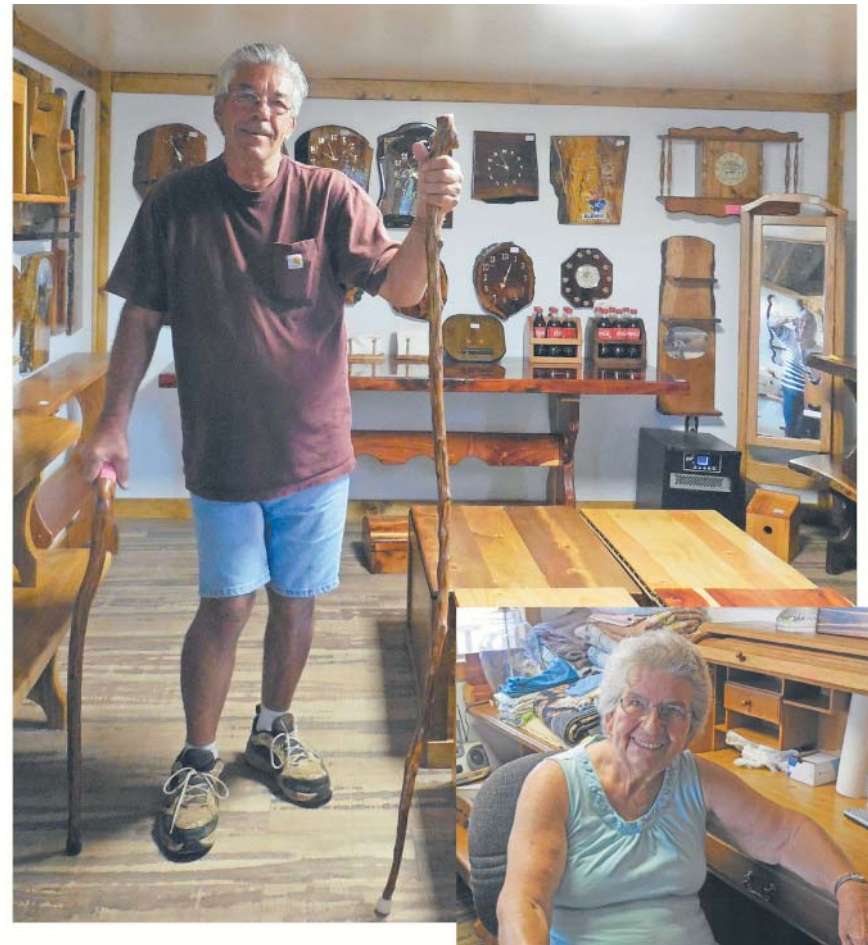
"She's a lot of help," Rick says, "She does almost all the sanding and 99 percent of the varnishing. And



This child's chair folds for easy transport and, like other rocking chairs Rick crafts, can be handed down through the generations.



This attractive building houses many and varied wooden treasures.



Rick poses with walking stick and cane while Shirley (inset) proudly observes her son.

she measures. Once when she measured, she said, 'It's eight and pert near a half.' I told her that 'pert near' wasn't good enough. It had to be exact. Now she's perfect in her measurements."

And Rick is so particular about his work that if he's not satisfied with his product, he burns it even if it is expensive "It hurts to burn some things," Rick admits, "but no one would want to buy something that isn't perfect."

As a boy, he worked alongside his father when he was woodworking. "I wasn't that interested then," he says, "but now I wish I had paid more attention. He was good." The difference

Shirley notes is that her husband would never have burned something he made even if it was not perfect because he believed that someone would want it. "Rick," she says, "is a perfectionist."

One large table is made of elm. When Rick hauled the tree to the man who saws his trees into usable wood pieces and learned it was elm, he thought he might as well burn the tree for heat. "Oh no," the man replied, "you'll be surprised how beautiful this wood is." Rick crafted the table of elm using live edges on both table top and legs and it is absolutely exquisite.

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**Above:** Joan titled this Christmas placemat "Grandma's Place." **Right:** Your plate on this placemat at breakfast ensures a cheery start to the day.



## Memoir

CONTINUED FROM PAGE SIX

Streets, on November 15th from 1:00 p.m. to 3:00 p.m.

Through each of her life's adventures, Joan never gave up her art. You may read a story featuring Joan's lifelong artistic talent and view many of her beautiful watercolor paintings

in the next issue of Lawrence SENIOR in Lawrence Magazine which will be published in late November.

Joan is not used to so much attention but she appreciates

it. "The reason this means so much to me is because I still consider myself just Joan and I'll never change and for people to feel about me the way they do is wonderful."



Joan never misses a chance to help her community. Several years ago she modeled in a fundraiser for the senior center at Maceli's.

Celebrating  
16 years!



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# Rick Harrell

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Rick has sold some of his work at craft shows but says that it is expensive to do so. Shirley proudly relates how many people compliment her son on his work at shows. He gives away a great many cards and does a lot of custom order work.

About a year ago, he decided to purchase the 12-foot by

36-foot building to showcase his work. He was impressed that one man delivered it on a semi and used a MULE (Material Unit Lift Enhancer) to set the building in less than 30 minutes.

Most of Rick's woodworking is done in the winter. "The most important thing," he says, "is keeping my hands out of saws." Happily, he has managed to do that.

He says he spends most of his summers fishing, although not this year because of the high lake

levels. "I can't even get on the lake." However, just a week before the architecturally beautiful 100-year-old Clinton Presbyterian Church was struck by lightning and completely destroyed by fire, he fried 80 pounds of fish for the church's fish fry.

Rick lives next to the building housing his wonderful

works of wood and his mother lives across the road. Someone is always nearby if you stop to look or make a purchase. If the shop is not open, just honk and someone will come and show you around. The address is 941 E 535 Road and his phone number, should you choose to call, is 785-840-8960.



Rick has many beautiful cedar chests from which to choose.



What is handier than an end table with an attached magazine rack?



Live-edge tables, mirror and so much more to see.



Boxes for a loved one's ashes may be custom ordered and personalized.



# Caregiver Support

## Holiday Ideas for Caregivers

By Michele Dillon  
JAAA ADRC Supervisor

The season of fall. It's the start of the holiday season and all the busy work that comes with it. How do you handle the family events and activities and the demands of caregiving and still come out sane? Here are some things to think about.

Are there things you can take off of your cooking to do list? How about a pot luck Thanksgiving and/or Christmas instead of handling it all on your own? Several grocery stores offer all the fixings as well. If mom insists that events still have to occur at her house, use the pot luck solution. You really don't have to participate in the cookie walk this year. It'll be OK, I promise.

The sister-in-law insists on having the holiday dinner at her home. If mom is frail and confused, discuss this with the sister in law. Does she have steps to get to the front door, is the bathroom accessible and on the first floor? How many people will be there? Folks with dementia will

become confused and agitated in new situations or large gatherings. Keep visits short or send your apologies and just have a quiet dinner with mom in her home.

Instead of giving folks a Christmas list, ask them for the gift of time. Let them know you need some respite at times and would appreciate them visiting with Mom or taking her to lunch. People genuinely want to help but are not sure how. Let them know what you need. Maybe they can bring Mom a meal and eat with her. Maybe they can pay for someone to clean her house. She is less apt to decline the help if she knows it is a gift.

Most importantly remember to take care of yourself this season. Recharge your batteries and stay healthy. Taking care of your loved one is a big job. For spouses please remember that in sickness and in health doesn't mean you have to do the caregiving yourself; it means that you will provide the best care possible no matter what that looks like.



Michele Dillon

If you would like to place your display ad in the WINTER 2020 issue of Amazing Aging, please call Kevin at (785) 841-9417! The deadline is January 15.

## Medicare Open Enrollment

October 15 through December 7

Check out the many ways JAAA can help you decide on the best Medical Supplement and Part D Rx plans for you!

### Schedule an appointment with JAAA

We will have appointments available at JAAA Monday-Friday 8:00 a.m. to 4:30 p.m. during open enrollment. We will begin taking appointments in late September for Open Enrollment. Appointments are available Monday through Friday from 9:00 a.m. to 4:00 p.m. Appointments fill up fast so the best time to schedule your appointment is late September or early October.

### Take part in a walk in clinic at JAAA

We are having the Saturday Clinics for Open Enrollment on the following Saturdays:

October 19, 2019

October 26, 2019

November 2, 2019

November 9, 2019

November 23, 2019

December 7, 2019

From 9:00 a.m. to 1:00 p.m. — first come first served, those in door prior to 1:00 p.m. will be helped no matter how late we have to stay to do so. Please be aware that there may be a lengthy wait time.

### Attend JAAA's DIY Medicare Part D Classes at Topeka/Shawnee County Public Library

We encourage everyone to consider attending the Medicare Part D DIY classes that JAAA provides at the Topeka/Shawnee County Public Library on the second Thursday of the month at 9:30 a.m. We will walk attendees step by step through the Medicare Plan Finder and explain how to navigate and understand the information being provided to you so that you can make an informed choice regarding your Medicare Part D plan. We provide this training year round so don't wait until open enrollment and take the opportunity now!





# Don't get caught holding the bag for genetic testing fraud

Medicare beneficiaries are being targeted at senior centers, housing complexes and other community locations by companies claiming that Medicare fully covers a cheek swab that tests for any and all cancers, how your body processes prescriptions and/or a variety of other genetic or hereditary diseases.

Here's one that goes to show just how creative scammers can be. The FTC is getting reports that callers claiming to be from Medicare are asking people for their Medicare numbers, Social Security

numbers, and other personal information in exchange for DNA testing kits. The callers might say the test is a free way to get early diagnoses for diseases like cancer, or just that it's a free test, so why not take it? But the truth is that Medicare does not market DNA testing kits to the general public.

Do not trust Caller ID. A scammer can make it appear that they are calling from any number or location even your own phone number.

Genetic testing fraud occurs when Medicare is billed for a test



or screening that was not medically necessary and/or not ordered by a beneficiary's treating physician.

The tests may average from \$9,000 to \$11,000 and who pays the bill when Medicare denies the

claim? You do.

If you believe you need a screening test for a genetic disease, ask your doctor. He or she will know if it is a necessary diagnosis.

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# Don't worry about something that likely won't happen and demand respect when you must

*By Marsha Henry Goff*

In a recent newspaper advice column, a 67-year-old man wrote that he was in excellent health, had a happy marriage, great kids and grandkids and a job he loved. However, he spent a lot of his time worrying that within a decade he would be confined to a nursing home. He said he felt that people were viewing him differently, as if he were an "old guy."

He shouldn't be spoiling his wonderful life by worrying about that because only five percent of seniors 65 and older occupy nursing homes, assisted living or congregate care homes. Of that small five percent of the 47.8 million senior population, 50 percent of those who do not live at home are 85 or older, 35 percent are ages 75 to 84 and 15 percent are between 65 and 74 years of age.

While at some point in their lives, 25 percent of seniors may be in a nursing home for a short period of time, 75 percent of seniors will not. The majority of those seniors who spend relatively short times in nursing homes are often there after a hospitalization to have needed therapy or to gain strength before returning home.

The question of the advice seeker's feeling that he is treated as if he were an old man is a bit harder to address simply because he believes it. Sometimes you get the reaction you expect to get. Of course, there are some who actually do treat seniors differently, just like there are some who treat those of a different gender or race differently.

As a female, I have encountered gender bias but only on very rare occasions. My husband once asked me to pick

up a sander for him at a hardware store. He described what he needed and I felt confident if I asked the right questions, I would bring home exactly what he wanted. I asked the salesman if the sander he was showing me was both straight line and orbital and he said, "Why don't you bring your husband in and I'll explain it to him"

I smiled sweetly and said, "If you will talk real slow and use words of one syllable, I think you can make me understand." Then I went to another store and bought the sander. People cannot put you down for any reason unless you allow it. My late friend Emily, nearing 90, demanded respect and she got it! I plan to be exactly like her!

Another senior, a woman, wrote an advice columnist that she was upset when someone held a door for her or offered her

a seat on the bus because they thought she was old. How hard would it be to assume they were just being nice? I open doors for anyone, male or female, young or old, and my husband will not sit while a woman stands. He has yet to offer his seat to someone who is not gracious, but on several occasions he has held a door for women who take advantage of his courtesy without a simple thank you. Not to worry. When that happens, I thank him for them. Sometimes I get a mean look from the ungrateful recipient of his kindness, but usually they will say, "Uh, oh, thank you."

Assume the best of people and give them the benefit of a doubt. However, it is perfectly OK to assert yourself if someone is truly putting you down. You will feel better and so will the next person they encounter.



# Genetic testing

CONTINUED FROM PAGE 10

nostic tool and whether Medicare will pay for the test. It cannot be said too many times: Do not ever give your Medicare or Social Security numbers to anyone who phones you or approaches you at a fair, farmer's market, parking lot or any community event.

Be sure your doctor has assessed your condition. Although Medicare covers many genetic tests for diagnostic use, it only covers one preventative genetic test to screen for cancer.

You can help prevent this fraud by reading your Medicare Summary Notice (MSN) or Explanation of Benefits (FOB). Watch for the words "gene analysis," "molecular pathology," or "laboratory" which may indicate questionable genetic testing has occurred.

If you received a cheek swab or a screening that was not medically necessary, report your concerns about billing errors or possible fraud and abuse to your local Senior Medical Patrol (SMP). In Kansas the number to call is 800-432-3535. If you call SMP to report fraud, be prepared to give them the following information: your name as listed on your Medicare or Medicaid card; Medicare number; name of the provider; date of service; description of the concern or problem. Make sure you give such information only when you initiate the call on your own, not because someone has called you and left a number for you to call.

It is regrettable that dishonest people prey on others, but they do. Thwart them by ensuring that you do not wind up paying the price for their dishonesty.



*Read more about  
Joan Martin  
and her art in  
the next issue of  
Lawrence SENIOR  
in Lawrence  
Magazine which  
will be published  
in late November.  
Enjoy full-color*

*photos of her beautiful watercolor paintings.  
She loves to paint flowers, fruit, seascapes  
and landscapes as well as create stunning  
pen and ink drawings.*



## JAAA gets around! Look for us!

### Caregivers' Support Groups

**Baldwin Methodist Church**, first Wednesday of each month, 1 p.m. - 2 p.m.

**November 6 December 2 January 8**

**Topeka/Shawnee Library**, second Monday of each month, 3:30 p.m. - 4:30 p.m.

**November 11 December 9 January 13**

**JAAA**, third Friday of each month, 12:00 noon - 1:00 p.m.

**November 15 December 20 January 17**

### Events and Presentations

**Medicare Monday**, we'll answer your Medicare questions, Topeka Public Library, 1 p.m. - 3 p.m.

**November 4 December 2 January 6**

**Do It Yourself Medicare Part D**, Topeka Public Library, second Wednesday of each month 9:30 a.m.

**November 13 December 11 January 15**

**Grey Wolves in Meriden**, Meriden United Methodist Church, third Tuesday of each month, 11 a.m.

**November 12 December 6 January 14**

**Medicare Quarterly Evening**, Topeka Public Library, 6:30 p.m. on **January 14**



# Are you on Medicare?



Did you know?

**Medicare covers a one-time preventative visit within the first 12 months that you have Medicare Part B. “Welcome To Medicare” Preventative Visit**

## **Preventative and Screening Services that may be covered at 100% (some may be subject to deductible and co-insurance)**

Abnormal Aortic Aneurysm Screening  
Alcohol Misuse Screening and Counseling  
Bone Mass Measurement  
Breast Cancer Screening (Mammogram)  
Cardiovascular Disease Screening  
Colorectal Cancer Screening  
Depression Screening  
Diabetes Screening  
Diabetes Self-Management Training  
Flu Shots  
Glaucoma Tests  
Hepatitis B Shots  
HIV Screening

Medical Nutrition therapy Services  
Obesity Screening and Counseling  
Pneumococcal Shot  
Prostate Cancer Screening  
Sexually transmitted infection screening and counseling  
Tobacco use cessation counseling  
Yearly “wellness” visit  
Hepatitis B Virus Infection Screening  
Hepatitis C Screening Test  
Cervical and Vaginal Cancer Screening  
Lung Cancer Screening

