

hapitimes



Medicare Update

Do You Know These Medicare Coverage Terms?

Knowing a bit of Medicare terminology can come in handy when you're talking with your doctor or other healthcare provider.

- **Benefit period** — The way original Medicare measures your use of hospital and skilled nursing facility (SNF) services. A benefit period begins the day you're admitted as an inpatient in a hospital or SNF. The benefit period ends when you haven't received any inpatient hospital care (or skilled care in a SNF) for 60 days in a row. If you go into a hospital or a SNF after one benefit period has ended, a new benefit period begins. You must pay the inpatient hospital deductible for each benefit period. There's no limit to the number of benefit periods.

- **Co-payment** — An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or prescription drug. A co-payment is usually a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor's visit or prescription drug.

- **Deductible** — The amount you must pay for healthcare or prescriptions before original Medicare, your prescription drug plan or your other insurance begins to pay.

Source: Medicare.org

Diabetes and Your Eyes

Controlling Diabetes Is Critical to Protecting Your Vision

Diabetes can cause eye disease that results in any one of a group of conditions, all of which have the potential to cause severe vision loss and blindness.

Among people with diabetes, retinopathy is the most common cause of vision loss and blindness. Diabetic retinopathy involves changes to the blood vessels in the eye's retina that can cause them to bleed or leak fluid, distorting one's vision. Diabetic macular edema is a result of retinopathy that causes swelling in the area of the retina called the macula. Cataracts and glaucoma can also be caused by diabetes.

Under the care of your doctor, controlling diabetes through prescribed medications, staying

physically active and/or maintaining a healthy diet can delay or prevent vision loss.

Early detection, timely treatment and appropriate follow-up care of diabetic eye disease can help protect against vision loss. Because diabetic eye diseases can go unnoticed until vision loss occurs, people with diabetes should get a comprehensive dilated eye exam at least once a year.

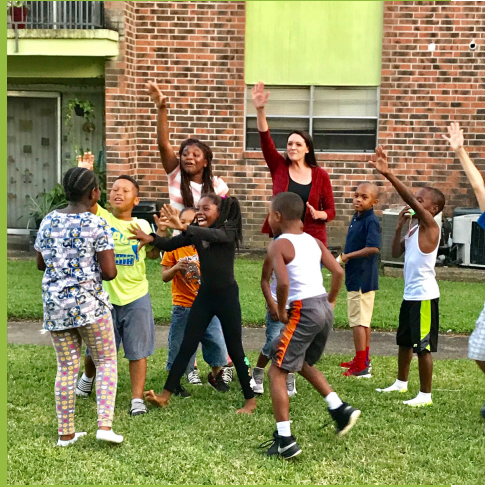
Source: The National Eye Institute of the National Institutes of Health

Inside
The Landmark



On the Playing Field

We always make time for basics like push-ups and jumping jacks, but the fun comes in when we play games! This month: we have been playing dodgeball and tug-of-war with the kids in our after-school program.



In the Garden

We are putting a team together to remodel and restructure the garden. The first step: pulling the weeds for a fresh start! For this, we will enlist the kids and show them how fun it is to get their hands dirty and learn to work hand-in-hand with one another. We believe gardening is a great place for children to come together -- to be a part of its growth, to harvest their own vegetables, and to grow to understand and communicate with one another. It's great teamwork!

Hapi Holiday Tips

From Hapi's Michael Cook:

- * Keep an eye on portion sizes
- * Avoid saturated fats
- * Make time for 30 minutes of cardiovascular training 3-4 days a week
- * Do a plank exercise 3 times a day

Hapi
Meals

Chef KJ's Sweet Potato Casserole

Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes
- 3/4 cup packed brown sugar
- 1/4 cup butter, softened
- 1 1/2 teaspoons salt
- 1/2 teaspoon vanilla extract
- 1/2 cup finely chopped pecans, divided
- Cooking spray
- 2 cups miniature marshmallows

Instructions:

Preheat oven to 375°.

Place the sweet potatoes in a Dutch oven or large pot, cover with cold water, and bring to a boil.

Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

Place potatoes in a large bowl. Add sugar, butter, salt, and vanilla.

Mash sweet potato mixture with a potato masher.

Fold in 1/4 cup pecans.

Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray.

Sprinkle with remaining 1/4 cup pecans; top with marshmallows.

Bake at 375° for 25 minutes until golden brown.

The Landmark Property Deal:

\$199 move-in for approved credit for 2 bedrooms!
Landmark has waived application fees for victims of Hurricane Harvey!