

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 Villas of Sorrento

In the After-School Program

With the gloomy weather we've been experiencing, we have been having fun with indoor activities to keep the kids moving: hula-hooping, knobby ball racing, and musical chairs. We've also been playing Bingo and enjoying some rap and song-and-dance battles during karaoke time.

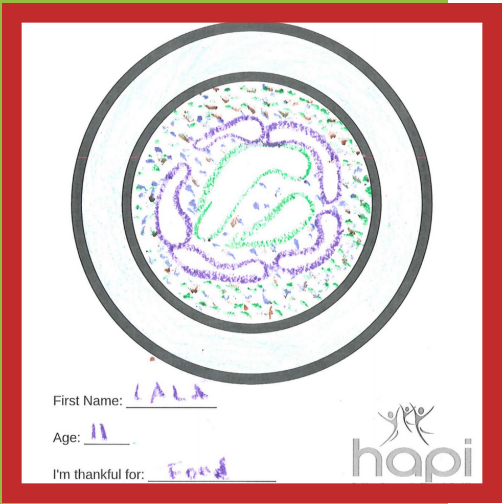
We are working on collecting donations to start a book club with the children. They have been expressing an interest in reading more recently — and when kids ask for books, you work to make it happen! Contact us at info@hapifoundation.com if you are interested in making a donation.

Kids in the Kitchen

We're making our holiday cookies a bit better-for-you, with dark chocolate and organic almond butter.

Outside the Classroom

We held our Thanksgiving potluck feast on November 28 and we asked the kids to share what they were thankful for with our monthly worksheet. Food was a popular answer. A goal for 2018: continuing to work with the kids on making healthier food choices -- and showing them how to make nutritious snacks and meals.



In the on-site community garden, the cucumbers are already showing signs of growth and the children have expressed an interest in learning how to make their own pickles. Coming right up!

Hapi Meals



Candy Cane Smoothies

The kids in our after-school program have been making smoothies with fruits and vegetables and loving them.

For this seasonal smoothie, you make two types of smoothies — one red and one white.

Ingredients:

- 2 cups frozen strawberries or raspberries
2 cups of coconut milk
1/2 cup yogurt
1 tsp. vanilla
1/4 cup orange juice
1/4 cup coconut water
2 tsp. Honey
1 cup and 2 tbsp. unsweetened coconut flakes

Instructions for the red smoothie:

Combine berries with orange juice, coconut water, and 1 tsp. honey in blender and pulse until smooth.

Instructions for the white smoothie:

Combine yogurt, coconut milk, 2 tbsp. coconut flakes, honey, and vanilla in blender and pulse until smooth.

Instructions for assembling the smoothies in a clear glass:

Add an inch of red smoothie, sprinkle coconut flakes to cover, then add one Inch of the white smoothie. Repeat.

Serve with a spoon. Kids can swirl to combine or drink them as served.

Villas of Sorrento Office News: There are crime watch meetings every third Thursday of the month.