



# Lifelines

SEPTEMBER 2011—NOVEMBER-2011

LIFETIME INDEPENDENCE FOR EVERYONE, INC.

## STAR+PLUS is Coming and Your Medicaid May Change!

### STAR+PLUS is coming to Lubbock!

Texas is reforming your Medicaid to increase your access to medical care and improve the quality of your health care, while saving the State of Texas money. Enrollment in STAR+PLUS is mandatory for some and optional for others.

### Why is this important to you?

It is important for you, because enrollment in STAR+PLUS is **required** for Medicaid recipients who live in a **STAR+PLUS service area** and fit one or more of the following criteria:

- People age 21 or older who are receiving SSI
- People who are participating in the Medicaid Buy-In Program
- People who qualify for Community-Based Alternatives (CBA)

Beginning in December, Medicaid recipients who are eligible for STAR+PLUS will receive an enrollment packet in the mail that contains information about the program and your mandatory enrollment. The approved health plan providers for this area are Superior and Amerigroup.

### You cannot ignore this!

### **If you don't choose your new STAR+PLUS provider, it will be chosen for you!**

To help you understand the STAR+PLUS program and assist you in making an informed choice, LIFE/RUN is hosting 5 presentations between December 13<sup>th</sup> and February 2<sup>nd</sup>, 2012.

- **December 13, 2011 @ 1:30 p.m.**
- **January 12, 2012 @ 1:30 p.m.**
- **January 17, 2012 @ 1:30 p.m.**
- **January 19, 2012 @ 1:30 p.m.**
- **February 2, 2012 @ 11 a.m.**

### **Take control of your services!**

If you are eligible according to the list above, make plans to attend a meeting. LIFE/RUN Advocacy Specialists will contact you to schedule a time for you to attend.



## Is the PACE Program at La Paloma an option for you?



La Paloma is a Program of All Inclusive Care for the Elderly (PACE). PACE programs coordinate and provide all needed preventive, primary, acute and long term care services so older individuals can continue living in the community.

The La Paloma PACE program is only one of three in the state, the others being in Amarillo and El Paso. PACE is an innovative model that enables individuals who are 55 years old or older and certified by their state to need nursing home care to live as independently as possible.

### **PACE Programs Offer High Quality Care and are Proven Cost Effective**

- PACE utilizes teams, including physicians, nurse practitioners, nurses, social workers, therapists, van drivers and aides - to exchange information and solve problems as the conditions and needs of each individual who decides to participate in PACE change - all with the objective of enabling participants to live longer in the community.
- PACE provides participants regular on-site access to doctors and other primary care professions who know them and who specialize in caring for older people.
- PACE participants have improved health status and quality of life, lower mortality rates, increased choice in how time is spent, and greater confidence in dealing with life's problems.

- PACE financing model combines payments from Medicare and Medicaid or private pay sources into one flat-rate payment to provide the entire range of health care and services, including paying for hospital care, in response to individual needs.
- PACE provides transportation to and from La Paloma and Consumers have access to the supportive services, medical specialists, therapies and other medical care they need.
- Therapy may be provided at PACE, including water therapy.
- If eligible for PACE, you may attend La Paloma Monday through Friday, or as few days a week as you want.
- Services include special care for adults with Alzheimer's disease.

If you are interested in being part of the PACE program, call La Paloma at 740 -1500, or contact your Advocacy Specialist at LIFE/RUN and we will help you make that contact.

La Paloma is located at:

4010 22nd Street  
Lubbock, TX 79410



## Social Security Changes



Good news for people who receive Social Security! Officials announced a cost of living adjustment in 2012 for people receiving Social Security benefits.

The 3.6% cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011. The last COLA, at 5.8 percent, took effect in 2009.

Because there *will* be a cost-of-living increase for Social Security recipients in 2012, the Part B premium will increase, but only by \$3.50 – from \$96.40 in 2011 to \$99.90 in 2012. For those individuals who *did* have Part B premium increases in 2010 and 2011, the premium will actually decrease by \$15.10 in 2012, from \$115 to \$99.90. The Part B premium reductions

are a result of slower Part B growth due in part to the new health care reform plan. To sum it up, between reduced Part B premiums and increased Social Security payments, the average Social Security recipient will have a net cost-of-living increase of \$40 per month in 2012.

If you have a Medicare Part B Premium deducted from your Social Security check, please check with your Advocacy Specialist at LIFE/RUN to see if you are eligible for any of the Medicaid-sponsored Medicare Savings Program benefits, that may pay your Part B deductible.

### Gross Monthly Income Limit\*

Program			Countable Resource Limit*	
	Individual	Couple	Individual	Couple
QMB	\$908	\$1,226	\$6,680	\$10,020
SLMB	\$1,089	\$1,471	\$6,680	\$10,020
QI-1	\$1,226	\$1,655	\$6,680	\$10,020

This publication is supported by funding through DARS, U.S. Dept. of Education, DADS and other grants and contracts received by the LIFE/RUN Center.

Opinions expressed in this newsletter do not necessarily represent those of LIFE/RUN's funding sources.

In order to make it easier for Consumers to attend activities at the Center, LIFE/RUN will now provide Citibus transportation to Center-sponsored activities and appointments. Tell the Bus driver you are going to LIFE/RUN.



## Section 8 - Lubbock



If you are in need of subsidized housing, remember that Lubbock Housing Authority is accepting Section 8 waiting list applications in the month of November only.

Applications may be picked up at LHA, or LIFE/RUN from November 1<sup>st</sup> - 30<sup>th</sup>. After you submit your applications, you will be part of the lottery.

LHA pulls a predetermined number of applications to screen for the waiting list. If you pass the screening and eligibility, you can be placed on the waiting list.

For more information on the lottery process, go to: <http://www.lubbockha.org/>

## Progress Report!

It has begun! A Groundbreaking Ceremony was held on November 8<sup>th</sup> at our future location of 8240 Boston Avenue. LIFE/RUN's new, 10,000 sq. ft., fully accessible Center is now scheduled to be completed in June of 2012.

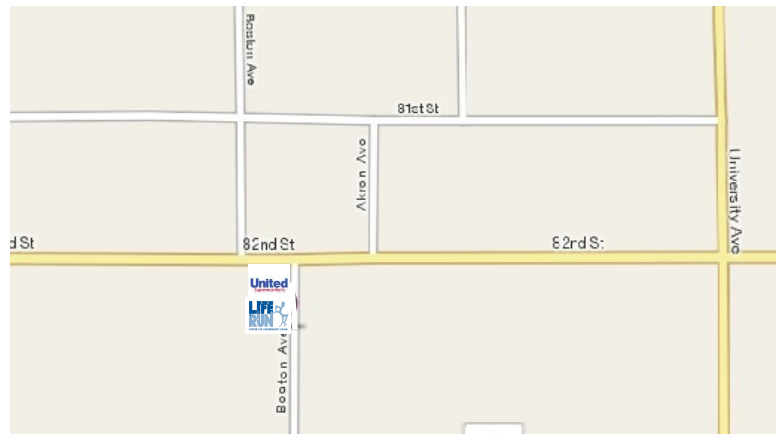
Over the years, our services have expanded and Consumer traffic has increased. LIFE/RUN's Consumer base has grown by over 268% in the last 3 years. If you have attended any of our major activities, you know that even our large activity room becomes very crowded. With the addition of new programs and staff, we've run out of office space. We even had to put someone to work in a large closet!

We, at LIFE/RUN, are excited about this new expansion. As mentioned in last month's newsletter, the new Center will include an accessible fitness area available to Consumers at no charge.

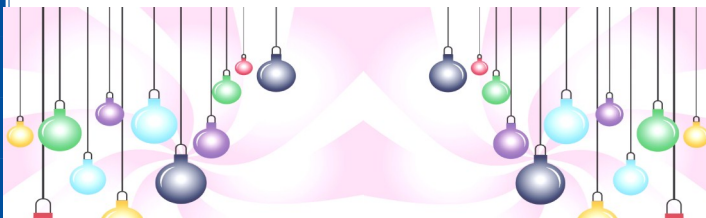
Progress on the Center will be posted on the LIFE/RUN web site:

[www.liferun.org](http://www.liferun.org), and on

facebook @ [www.facebook.com/](http://www.facebook.com/)



## Holiday Activities at LIFE/RUN



As always, LIFE/RUN will be hosting a variety of activities in celebration of the winter holidays. In In November, LIFE/RUN hosted the annual Thanksgiving celebration. LIFE/RUN staff provided the main meal of turkey, dressing, potatoes and vegetables. There was a great turnout this year, with over 100 in attendance. Consumers brought dishes to augment the meal.

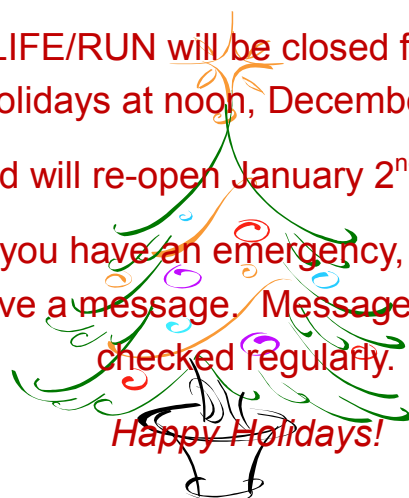
Watch your calendar in December for cookie baking day, and the annual Consumer Holiday party. On cookie baking day, Consumers can learn the different ways we have to bake cookies and take some home with them.

For the holiday party, refreshments will be served, games played and a gift exchange will be available. You have to bring a gift to get a gift! There's a \$5.00 maximum on gifts. We are looking forward to seeing you there!

**LIFE/RUN will be closed for the holidays at noon, December 22<sup>nd</sup> and will re-open January 2<sup>nd</sup>, 2012.**

**If you have an emergency, please leave a message. Messages will be checked regularly.**

**Happy Holidays!**



## LIFE, Inc. awarded ADRC Grant for San Angelo

LIFE, Inc., the parent organization for LIFE/RUN, as well as Disability Connections and Not Without Us!, has been notified that Disability Connections has been chosen to receive funding for a new Aging and Disability Resource Center (ADRC) in San Angelo. Funding for the ADRC is provided by the Texas Department of Aging and Disability Services (DADS).

The ADRC will be co-located in the Disability Connections offices and will improve access to services for people in Tom Green County.

The new Concho Valley ADRC will begin providing services at Disability Connections in January 2012.

Congratulations to Disability Connections and the San Angelo! Community!

### Concho Valley Aging & Disability



## If Santa is good to you....

If you are lucky enough to receive a new TV or computer for Christmas, please consider donating your working televisions or computers to LIFE/RUN to help Consumers who may need those items.

LIFE/RUN staff routinely gets requests from people who are unable to purchase those "luxury" items. If Santa was good to you, maybe you can help another.

In addition, LIFE/RUN is taking requests from Consumers to receive a used computer from LIFE/RUN when the Center is ready to "pass on" our office computers. Preference will be given to Consumers

who can demonstrate computer skills. These computers will not be available until spring, but the waiting list and screening process begins now. Please call Irean Harvey at 795-5433, Ext. 124, to get on the waiting list.

If you need Computer skills, remember, Kelly Breckenridge is available Monday through Thursday afternoons to work with you, one-on-one to gain computer proficiency.



**In the event of inclement weather,  
the Center may close or cancel activities  
for Consumer safety.**

**During bad weather, please call in advance.**

LIFE/RUN programs are free and open to anyone with a disability. If you need help to participate (interpreters, etc.), please let us know 24 hours in advance, so that we can provide these services.



## Accessibility



LIFE/RUN Center continues to take part with Hub City Access, in helping to make Lubbock more accessible to ALL of its citizens. To that end, we asked a staff member to relay back her experiences

at various restaurants in Lubbock, to see how accessible it is for a person using a scooter. These are Monica's observations:

The Choc'late Mousse: Pie Bar: 3207 50<sup>th</sup> St.

If you are in the mood to splurge on something indulgent, you might want to try The Choc'late Mousse: Pie Bar. It's a perfect little coffee shop – like place to meet with a friend or two for something sweet or get a latte. With big band music in the background, mahogany tables, varied seating from couches to chairs, you will find the mood is simply enjoyable. However, for those who are wheelchair mobile, the tables may be a bit high and the coffee tables a bit low.

No ramps are necessary when you go in. First go to the counter and from the board above you will see options to build your perfect "pie". Unlike traditional pies, your pie will come to you served in a glass, or if you chose, a pie sandwich. Then top it all off with yummy whipped cream. If you can't make up your mind on what filling you like, be it pumpkin, cheesecake, coconut cream, key lime, warm rocky road, etc., they will let you have samples so you can pick just the right flavor.



Though the restaurant itself is not large, the restroom is suitable for companion assistance and quite roomy with a wide door. It also has handrails

with accessible fixtures. The lighting is easy and the floors are tile.

There is only one space for accessible parking shared with other establishments, so you may want to go during non-peak hours. All service was pleasant and everything we tried was simply delicious.

The accessibility check includes:

- On the Citibus route
- Accessible parking: 1 space
- No automatic doors
- Seating is barstool and living room height
- Companion restrooms
- No paper or Braille menus



Your donation to the LIFE/RUN Center for Independent Living is tax deductible. It will be used to further enhance the quality of services offered to Consumers, and to promote equality, dignity, independence and the full inclusion of people with disabilities into every aspect of their communities.

To give, please clip this and mail it with your donation to:

**LIFE/RUN Center**

**4902 34th Street, Suite #5,  
Lubbock, TX 79410**

**I would like to donate:**

**\$5 \_\_\_ \$10 \_\_\_ \$25 \_\_\_ \$50 \_\_\_**

**\$100 \_\_\_ \$1,000 \_\_\_**

Or go to [www.liferun.org](http://www.liferun.org)

## Lubbock Support Groups

<p style="text-align: center; color: green;"><b>South Plains Support Network</b></p> <p><b>Support for: Neuromuscular, Polio, Immobilizing Conditions &amp; Respiratory Health</b></p> <p><b>(MD, MS, CP, PPS, Spinal injuries, etc.)</b></p> <p><b>Peer support, preventive information, and appropriate resources leads to health, better understanding, early detection, preventive health practices and immediate support.</b></p> <p><b>Phone: 806-832-5683</b>  <b>email: <a href="mailto:ahealth.advocate@gmail.com">ahealth.advocate@gmail.com</a></b></p>	<p style="text-align: center; color: red;"><b>Lubbock Amputee Support Group</b></p> <p><b>We seek to remain active and to encourage others that life goes on even after amputation(s).</b></p> <p><b>Find us on Facebook</b>  <b>Our first meeting was in December of 2006 at South Plains Rehab.</b></p> <p><b>Please feel free to contact us:</b>  <b>Email: <a href="mailto:laasg@sbcglobal.net">laasg@sbcglobal.net</a></b>  <b>Phone: 806-392-0434, 806-748-5870</b>  <b>Website: <a href="http://laasg.org">http://laasg.org</a></b></p>
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## Good-Bye Paper Medicaid Cards

It's the end of an era. As of Oct. 1, 2011, HHSC is no longer producing or distributing its Form 3087, also known as the paper Medicaid ID.

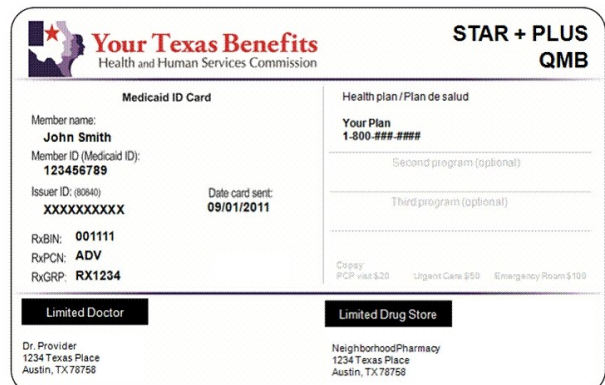
Like 8-track audio tapes and the floppy disk, this relic from the 20th century is going away for good. No longer will people with Medicaid receive the 3087 in their mailbox each month. No longer will they present the letter-size sheet of paper when they go to a doctor or dentist office, a clinic, or pharmacy for Medicaid services. The paper Medicaid ID has been replaced by the sturdy, plastic Your Texas Benefits Medicaid card. With the new card comes a shift in how a person's Medicaid eligibility is verified.

### **Medicaid Providers**

Medicaid providers should be prepared to verify a person's Medicaid eligibility with the new card. The front of the card shows the person's unique Medicaid ID number. That same number is embedded in a magnetic strip on the back of the card, accessible with a basic swipe-style card reader. With the card, providers have a choice of ways to verify the person's Medicaid eligibility:

- Enter the person's Medicaid ID number at the new, secure Medicaid eligibility verification website, [www.YourTexasBenefitsCard.com](http://www.YourTexasBenefitsCard.com).
- Visit TexMedConnect on the [Texas Medicaid & Healthcare Partnership \(TMHP\) website](#).
- Call the TMHP Contact Center at 1-800-925-9126.

For more information about the new Your Texas Benefits Medicaid card or the new Medicaid eligibility verification website, call 1-855-827-3747.



**LIFE/RUN Center for Independent Living**  
**Lifetime Independence for Everyone, Inc.**  
**4902 34th Street, Suite #5**  
**Lubbock, TX 79410**

**Non Profit Organization**  
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**WE'RE ON THE WEB**

**WWW.LIFERUN.ORG**

[http://www.facebook.com/  
liferunlubbock](http://www.facebook.com/liferunlubbock)



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**LIFE/RUN Center for Independent Living Staff**

**806-795-LIFE**

Michelle Crain	Executive Director	Extension 123
Nancy Penland	Director of Programs	Extension 111
Irean Harvey	Office Manager/Volunteer Coordinator	Extension 124
Darlene Leadingham	Human Resources Manager	Extension 106
Terry Walker	Financial Officer	Extension 112
Stephanie Reyna	Receptionist	Extension 101
Monica Pratt	Special Projects Coordinator	Extension 104
John Hobgood	Special Projects Coordinator	Extension 122
Tonji Shorter	Special Projects Coordinator	Extension 117
Sheryl Young	Computer Trainer/Advocacy Specialist	Extension 109
Rosa Trevino	Advocacy Specialist	Extension 105
Donna Cheshire	Advocacy Specialist	Extension 121
Carol Ann Trammell	Advocacy Specialist	Extension 102
Vivian Saldivar	Advocacy Specialist	Extension 113
Cathy Boden	Advocacy Specialist	Extension 103
Andy Kochis	Certified Sign Language Interpreter	Extension 110
Kimberlee Scott	Relocation Specialist (Lubbock)	Extension 114
Annabell Mendoza	Relocation Specialist (Midland/Odessa)	432-978-8763
Kim Sorrells	Relocation Specialist (Amarillo)	806-535-4786
Kendal Johnston	Relocation Specialist (Abilene)	325-829-3125
Addy Perez	Relocation Specialist (Wichita Falls)	940-642-8430
Kelly Breckinridge	Computer Tutor	795-5433