

# A new year brings new opportunity

BY Ellen Phipps

As we embark on a new year and reflect on 2022, Aging Together is proud of the work we have done with our partners. We welcome 2023 and wish everyone a very Happy and Healthy New Year!

We look forward to new opportunities in 2023 to help promote aging in place throughout the region. Towards this effort, we will be embarking on Community Conversations – a time to hear from residents of each county about the needs of older adults in their communities in February. If you are interested in having Aging Together conduct a Community Conversation at your local gathering of seniors, please reach out to us. The format involves a two hour time slot where we ask specific questions and welcome ideas.

January 13th marks the deadline for the 5 Over 50 Award Nominations

and we encourage everyone to consider nominating an older adult worthy of this recognition. Do you know someone over the age of 50 in your community who has gone above and beyond to “give back”? It’s easy to nominate someone – just visit our website at [www.agingtogether.org](http://www.agingtogether.org). Scroll down on the homepage to the 5 Over 50 section and click on the NOMINATIONS button.

Other things to remember in the new year:

- Medicare continues to cover COVID-19 vaccines, tests and booster shots, if you’re eligible.
- You might be able to sign up for Medicare during a Special Enrollment Period if you missed your enrollment period because of certain exceptional circumstances.
- Beginning Jan. 1, when you

sign up for Medicare the month you turn 65 or during the last 3 months of your Initial Enrollment Period, or during the General Enrollment Period, your coverage starts the first day of the month after you sign up.

- Medicare will offer a new benefit that helps continue to pay for immunosuppressive drugs beyond 36 months after a kidney transplant (if you don’t have other health coverage).
- Accountable Care Organizations are driving better health care. An Accountable Care Organization is a group of doctors, hospitals, and other health care providers that work as a team to give you high-quality, coordinated health care. If your doctor is part of an Accountable Care Organization, it means they have tools that could

lead to better care for you, and you may have access to additional services.

- If you have limited income, you may be able to get help from your state to pay your Medicare costs through resources like Extra Help or a Medicare Savings Program.
- Your mental health and wellness are a high priority. If you or someone you know is in crisis, call or text 988, or chat [988lifeline.org](http://988lifeline.org).



**Ellen Phipps**

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