

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting Tuesday, Jan. 14

Speakers:

Tammy King, RPSGT, and
Sean McCracken, RT
Regional West Medical
Center Sleep Lab

Topic:

How Sleep Can Affect
Your Health

When:

11:30 a.m. to 12:30 p.m

Where:

Medical Plaza South
Conference Room 1
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting

[https://RNHN.zoom.us/j/98632477316?](https://RNHN.zoom.us/j/98632477316?pwd=Q2w2YWFTaHhCYnhrcmZxUG00QjgyUT09)
[usj/98632477316?](https://RNHN.zoom.us/j/98632477316?pwd=Q2w2YWFTaHhCYnhrcmZxUG00QjgyUT09)
[pwd=Q2w2YWFTaHhCYnhrc](https://RNHN.zoom.us/j/98632477316?pwd=Q2w2YWFTaHhCYnhrcmZxUG00QjgyUT09)
[mZxUG00QjgyUT09](https://RNHN.zoom.us/j/98632477316?pwd=Q2w2YWFTaHhCYnhrcmZxUG00QjgyUT09)

Meeting ID: 986 3247 7316
Passcode: 903720

Recap Dec. 10 meeting

Our speaker was Caryn Long from the Nebraska State Health Insurance Assistance Program (SHIP). The role of SHIP is to provide a person who is Medicare eligible with information in order to make informed health insurance decisions.

Medicare is a federal health insurance program for people age 65 or older, or people who are under age 65 with a qualifying disability, and individuals with end-stage renal disease.

When you sign up for Medicare, you will need to choose how you get your Medicare coverage. Everyone's situation is different, so you may choose original Medicare or a Medicare Advantage program. A Medicare Advantage program is managed by private insurance.

Medicare Supplement Insurance or Medigap helps pay co-pay and deductibles after Medicare has paid first.

Medicare Part D includes plans that cover prescription medications and are offered by insurance companies that are contracted with Medicare.

SHIP does not sell insurance but helps people understand their insurance options.

Contact:

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By appointment only
800-234-7119